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RECREATION & PARK SERVICES DEPARTMENT
SCHEDULE OF EVENTS DECEMBER 2016 - MARCH 2017

**Parks
Make
Life
Better!**



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Important Numbers

Norwalk City Hall.....	929-5700
12700 Norwalk Boulevard	
Citizen Information Center.....	929-5735
City Hall, Room 1	
Fire Department (Emergency).....	911
Station 20.....	863-0214
Station 115.....	868-5212
Graffiti Removal Hotline.....	929-5555
Job Hotline.....	929-5771
Alondra Library 11949 Alondra Boulevard.....	868-7771
Norwalk Library 12350 Imperial Highway.....	868-0775
Norwalk Arts & Sports Complex.....	929-5566
13000 Clarkdale Avenue	
Public Safety.....	929-5732
City Hall, Room 15	
Recreation and Park Services.....	929-5702
Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue	
Senior Center.....	929-5580
14040 San Antonio Drive	
Sheriff's Department.....	863-8711
12335 Civic Center Drive	
Social Services Center.....	929-5544
11929 Alondra Boulevard	
Transportation	
Metro Green Line and MTA Bus.....	(800)266-6883
Metro Link.....	(800)371-5465
Norwalk Transit.....	929-5550

Recreation & Park Services Department

Bill Kearns, Director of	
Recreation and Park Services.....	929-5755
Blanche Grove, Recreation Supervisor.....	929-5519
Rosie Lozoya, Recreation Supervisor.....	929-5518
Christopher Ponce, Recreation Supervisor.....	929-5706
Pati Escano, Recreation Coordinator.....	929-5521
Teneale McCullough, Recreation Coordinator.....	929-5956
Salvador Ortega, Recreation Coordinator.....	929-5924
Monica Trevino-Rivas, Recreation Coordinator.....	929-5922
Norwalk Arts & Sports Complex Reservations.....	929-5566
Park Reservations.....	929-5702

NORWALK CITY COUNCIL

Mayor MIKE MENDEZ

Vice Mayor CHERI KELLEY

Councilmember LEONARD SHRYOCK

Councilmember LUIGI VERNOLA



The Schedule of Activities is published quarterly by the Recreation and Park Services Department. The Winter edition includes the months of December through March. If you have any questions or comments, please call us at **929-5702**.

SPECIAL EVENTS

City of Norwalk Recreation and Park Services Department

Santa Sleigh Schedule

Saturday, December 3

Tree Lighting Ceremony 6:00 p.m.

Monday, December 5

Cresson Elementary School 6:00 p.m.
Vista Verde Park 8:00 p.m.

Tuesday, December 6

Orr Elementary School 6:00 p.m.
Studebaker Elementary School 7:00 p.m.
Lakeside Middle School 8:00 p.m.

Wednesday, December 7

Glazier Elementary School 6:00 p.m.
12641 Kalnor Ave. 7:30 p.m.

Thursday, December 8

Edmondson Elementary School 6:00 p.m.
Gerdes Park 7:00 p.m.
Barnwall St. & Flairbush Ave. 8:00 p.m.

Friday, December 9

Spry & Curtis and King Rd. 6:00 p.m.

Saturday, December 10

New River Elementary School 6:00 p.m.
Morrison Elementary School 7:00 p.m.
12122 Kenney St. 8:00 p.m.

Monday, December 12

Cesar Chavez Elementary School 6:00 p.m.
Mollette St. & Bechard Ave. 8:00 p.m.

Tuesday, December 13

Volunteer & Crewe St. 6:00 p.m.
Paddison Elementary School 7:00 p.m.
Lakeland Elementary School 8:00 p.m.

Wednesday, December 14

Sanchez Elementary School 6:00 p.m.
11433 McLaren St. 8:00 p.m.

Thursday, December 15

14729 Clarkdale Ave. 6:00 p.m.
Silverbow & Sproul St. 7:00 p.m.
Moffitt Elementary School 8:00 p.m.

Friday, December 16

Cheshire & Belshire St. 6:00 p.m.
11243 Lakeland Rd. 7:00 p.m.

Saturday, December 17

14513 Devlin Ave. 5:00 p.m.
14314 Crossdale Ave. 6:00 p.m.

Photos with
Santa
\$2.00 each

2016

This year Santa will be collecting canned goods to distribute to those who are less fortunate. If you would like to contribute, please bring canned goods to your visit with Santa. Each can must have its original label attached.

Please Note: In the event of rain or inclement weather, some stops may be cancelled or rescheduled.

The City of Norwalk is a non-profit organization not affiliated with the Norwalk-La Mirada Unified School District or Little Lake City School District.

Letters to Santa (All Ages)

December 3-17

Ho! Ho! Ho! Calling all children! You are invited to send a wish letter to Good Old Saint Nick at the North Pole. He has promised to answer all the letters from every boy and girl who writes him. Letters can be deposited in the holiday mailbox at the Norwalk Arts & Sports Complex, or mailed to the address listed below. Be sure to include a Return address. For more information, please call 929-5702.

Mailing Address:

Santa Claus, c/o City of Norwalk
Recreation and Park Services Department
12700 Norwalk Boulevard, Norwalk, CA 90650

Drop Off Location:

Norwalk Arts & Sports Complex
13000 Clarkdale Avenue, Norwalk, CA 90650

BECOME A NORWALK PUBLIC SAFETY CADET TODAY!



Gain hands-on experience assisting with community events, receive physical fitness training, participate in field training ride-a-longs with Public Safety Officers, develop leadership skills, earn community service hours and much more. If you are 13 to 18 years old and interested, please call (562) 929-5732.

Please Note: Programs may be changed or canceled without notice. Refunds will be issued in full for any program canceled by the City of Norwalk. Please visit the official City of Norwalk website at www.norwalk.org for updated information on upcoming events and programs.

SPECIAL EVENTS

2016 Annual SnowFest & Tree Lighting Ceremony

Saturday, December 3, 2016

12:00-8:00 p.m.

Norwalk City Hall Lawn

12700 Norwalk Boulevard

Cost: Free

It's snowing in Norwalk! Don't drive far to enjoy a winter wonderland, we're bringing winter to you. The day will be filled with two giant snow slides, games, crafts, face painting and yummy food. The evening becomes magical with the lighting of our new enormous Norwalk Christmas Tree and the arrival of Santa Claus. Join the Norwalk City Council as they ring in the holiday season. For more information, please call 929-5702.

12:00-5:00 p.m. Snowslides, game booths, face painting, snow play area, arts & crafts, stage entertainment, food booths.

5:00-6:00 p.m. Stage entertainment

6:00-8:00 p.m. Tree Lighting Ceremony

6:00-8:30 p.m. Visit from Santa



NEW

30 FT CHRISTMAS TREE!



Please Note: Programs may be changed or canceled without notice. Refunds will be issued in full for any program canceled by the City of Norwalk. Please visit the official City of Norwalk website at www.norwalk.org for updated information on upcoming events and programs.

ACTIVITIES AROUND TOWN

Queen & Prince of Hearts Dance

Sons must be 3-10 years of age

Saturday, January 28, 2017 • 6:00-8:30 p.m.

Norwalk Arts & Sports Complex

Cost: \$12/Couple

(Registration deadline: January 20)

Calling all moms, aunts, and grandmas to dress as royalty. Dress your son as a handsome prince and dance the night away. We will serve dessert, have a DJ, play games and make a memorable craft. Child appropriate music will be played. Parent participation is required; costumes are not required. Registration deadline will be enforced. For more information, call 929-5922.

Save the Date! Daddy Daughter Luau

Daughters must be 3-10 years of age

Saturday, April 15, 2017 • 6:00-8:30 p.m.

Norwalk Arts & Sports Complex

Cost: \$15/Couple

Registration Deadline: April 7

Let us celebrate the spring with a Hawaiian Luau. Dads, dress in your best Hawaiian shirt and flip flops. Daughters come in your sundresses or grass skirts. We will have a luau dinner, crafts and show. Registration deadline will be enforced. For more information, call 929-5922.

HISTORIC NORWALK

D.D. Johnston-Hargitt House Museum

(All Ages)

12426 Mapledale Street

Currently closed for renovations.

The Museum is currently registered on the National Registry of Historical Places and, at one time, held up to 200 acres of grapes, prune, avocado, and citrus trees. Built in 1891, the D.D. Johnston-Hargitt House Museum is a two-story Eastlake Victorian farmhouse that was owned by Darius David Johnston. He was one of Norwalk's leading pioneers as well as the organizer of the Norwalk School District. He served on the school board from the late 1880's until his death in 1917. The Museum contains D.D. Johnston-Hargitt family heirlooms and other memorabilia as well as glimpses into Norwalk's past. The Museum is brought to life through docent-led tours given by the Friends of Hargitt House. Admission is free; however, donations are always welcome.

Please Note: The Museum may be closed in inclement weather. For more information or to schedule a tour for groups of ten or more, please call 929-5521.



Gilbert H. Sproul Museum (All Ages)

12203 Sproul Street

Currently closed for renovations.

The Sproul Museum was built in 1874 and was home to the founder of Norwalk, Gilbert H. Sproul. The Museum contains many artifacts depicting the development of the city as well as Sproul family heirlooms. Take a trip back in time and enjoy a visit to the historic Sproul Museum located in the heart of Norwalk Park. Admission is free; however, donations are always welcome.

Please Note: The Museum may be closed in inclement weather. For more information or to schedule a tour for groups of ten or more, please call 929-5566.



Be a Museum Docent (Ages 18 & Over)

Docents are guides and storytellers. If you enjoy sharing stories, information, and talking to people, become a docent! The D.D. Johnston-Hargitt House and Sproul Museums are seeking interested people to train as Museum docents. A three-month commitment is required. Please call 929-5519 or stop by the Museums for an informal visit during operating hours. Training and supplies are provided at no cost.

Please Note: Programs may be changed or canceled without notice. Refunds will be issued in full for any program canceled by the City of Norwalk. Please visit the official City of Norwalk website at www.norwalk.org for updated information on upcoming events and programs.

NORWALK FAMILY INTERVENTION ACADEMY

Family Intervention Academy Winter Session

Tuesdays, January 10-March 21

Time: 6:00-8:30 p.m.

Norwalk Arts & Sports Complex
13000 Clarkdale Avenue

Registration is now being accepted at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue.



Starts
January
2017

Registration will not be accepted after January 24, 2017.
Please Note: These programs are open to Norwalk residents only.

WINGS Program Youth Empowerment Group

Instructor: Ken Menchaca

(Recommended Ages: 13-18)

Cost: \$10 (Free to youth with parents registered in *The Parent Project*).

This eleven week youth empowerment program will help your teen understand and prepare for the different social issues teens face today. The program will emphasize on developing their relationships with their parents, peers, and most importantly themselves. They will also discuss how an education can better prepare them to face adulthood.

This program discusses various topics including:

Social Media Addiction
Depression/Teen Suicide
Self Esteem/Image
Academic Pressure
Anger Management
Drug & Alcohol Education
Conflict Resolution
Setting and Accomplishing Goals

For more information, please call (562) 929-5761.

The Parent Project Parenting For Parents with Teens

Instructor: Anthony Garcia

(Parents with children ages 13-18)

Cost: \$20

Are you having a hard time reaching your teen? Do you miss the days when you and your teen were able to sit and talk? Are his/her grades slipping? Do you find yourself arguing more with your teen? You are not alone! Join The Parent Project and work with our trained staff and other parents in developing a healthy relationship with your teen as well as building trust and establishing appropriate boundaries.

This program discusses various topics including:

Improving Communication
Identifying Alcohol or Drug Use
Identifying Depression
Improving School Attendance and Performance
Finding Resources to Help Your Family

For more information, please call (562) 929-5765.

Support Your Community and Receive Permanent Recognition on the Donor Tree!

The Norwalk Arts & Sports Foundation is committed to enriching our community in its support of programs, activities, and services offered at the Norwalk Arts & Sports Complex. Everyone who contributes \$100 or more will receive permanent recognition in the form of an engraved leaf on the Donor Tree located



in the lobby of the Norwalk Arts & Sports Complex. Leaves can be inscribed with your name, company, organization, or in memory of a loved one. To make a donation, please visit the Norwalk Arts & Sports Complex at 13000 Clarkdale Avenue, or call 929-5665 for more information.

AQUATICS

Norwalk Aquatic Pavilion • 12301 Sproul Street • 929-5622

Join a class, work out on your own, or just jump in and enjoy the Norwalk Aquatic Pavilion. Located at Norwalk Park, the Aquatic Pavilion is a state-of-the-art facility providing the community with opportunities for fun and learning. This is a great place to bring the family to learn to swim or just to play. The Aquatic Pavilion is handicapped accessible, and the water is maintained at a very comfortable temperature. A variety of educational and family activities will be offered throughout the winter.

Please Note: The Aquatic Pavilion will be closed December 26-January 6, 2017.

Norwalk Stingrays Youth Swim Team (Ages 6-18)

January 9-March 31 • Monday-Friday • 6:00-8:00 p.m.

Cost: \$70/month first swimmer, \$60/month second swimmer*, \$50/month third swimmer*
(*immediate family members in same home only)

The Norwalk Stingrays is a novice swim team designed to teach and encourage young people to participate in water sports on a competitive, yet fun, basis. Team members will learn basic competitive skills and train to compete in swim meets against other area swim teams. Swimmers are grouped into different levels for practice and competitions. Group assignment is based on the swimmer's maturity level, commitment to training, experience, and participation in swim meets. Parental support is essential to the program's success. Children should be able to swim the front-crawl 50 yards continuously and have a basic knowledge of the competitive strokes at the time of registration. The monthly fee is due at the beginning of each month. For more information, please call the Norwalk Aquatic Pavilion at 929-5622.

Norwalk Stingrays Youth Learn to Swim Program (Ages 6-18)

Lessons are 30 minutes long and run for four weeks

Level One and Level Two

January 9-February 3 • Monday-Friday • 6:00-6:30 p.m.

February 6-March 3 • Monday-Friday • 6:00-6:30 p.m.

March 6-March 31 • Monday-Friday • 6:00-6:30 p.m.

**** Registration for all swim lessons will be held at the Aquatic Pavilion from 6:00-7:30p.m. Monday- Friday the week before each swim session begins. (bold and box)**

**** Registration is a first come first serve basis. (bold and box)**

Cost: \$70/month first swimmer, \$60/month second swimmer*, \$50/month third swimmer*
(*immediate family members in same home only)

Our Learn to Swim Program is designed to develop water safety and swimming skills that will prepare swimmers to join our Norwalk Stingrays Swim Team in the future. Level One, Two, and Three swim lessons are designed to teach the basic water skills, breathing control, floating, kicking, and essential techniques for all four competitive swimming strokes.

Adult Shallow Water Aerobics

January 9-March 31 • Monday-Friday • 7:00-8:00 p.m.

Cost: Adults (Ages 18-54) - \$4 Daily or 20% off: \$32 for 10-visit swim pass
Seniors (Ages 55 & Older) - \$3 Daily or 20% off: \$24 for 10-visit swim pass

One of our most popular programs. Make your workouts fun and get into great shape. Our staff is friendly and loves to make workouts fun and exciting. The pool is accessible to everyone and we keep the water warm for you. It is also an excellent workout for anyone with joint problems.



Adult Deep Water Aerobics

January 9- March 31

Monday- Friday • 6:00-7:00 p.m.

Cost: Adults (Ages 18-54) - \$4 Daily or 20% off: \$32 for 10-visit swim pass
Seniors (Ages 55 & Older) - \$3 Daily or 20% off: \$24 for 10-visit swim pass

Try a different workout in the deep water. If you are looking for a challenge, come join us. This workout is a great opportunity for an invigorating, toning, and cardio-conditioning workout with no impact on your joints. The pool is accessible to everyone and we keep the water warm.

Adult Lap Swim

January 9-March 31

Monday-Friday • 7:00-8:00 p.m.

Cost: Adults (Ages 18-54) - \$4 Daily or 20% off: \$32 for 10-visit swim pass
Seniors (Ages 55 & Older) - \$3 Daily or 20% off: \$24 for 10-visit swim pass

Use our facility to stay in shape and look great too. Swimming is one of the most effective and complete exercises you can do. Lap swimmers have dedicated lanes, comfortable water temperature, and the chance to have an awesome workout.

The Norwalk Aquatic Pavilion will be closed December 26-January 6.
Swim lessons and recreational swimming will return in June!

YOUTH SPORTS

Registration for basketball has already begun at the Norwalk Arts & Sports Complex and is scheduled to end on Wednesday, December 14. Please Note: Late registration will include a \$10 fee.

Small Fry Basketball

(Boys & Girls, Ages 5-7)

Is your little one ready to start learning the basics of basketball? Look no further! Small Fry Basketball is designed for youth, ages 5 to 7, with an emphasis in skill development, sportsmanship, and teamwork. All children are encouraged to have fun while learning in a non-competitive structured environment. Games will begin in January.

Coaches will contact players with practice dates, times, and locations. The fee of \$37.50 includes a shirt and participation award. A parent meeting is scheduled for Wednesday, December 14, at 6:00 p.m. at the Norwalk Arts & Sports Complex. Please call 929-5566 for more information.

Youth Basketball

(Boys & Girls, Ages 8-13)

Parents, are you looking for a way to keep your youth active? Try our Youth Basketball League where your child will learn fundamentals of basketball and develop existing skills. Players will have a chance to put their talents to the test as they compete against other teams. Games are friendly and safe in a structured environment. Games will begin in January.

Coaches will contact players with practice dates, times, and location. The fee of \$37.50 includes a shirt and participation award. A parent meeting is scheduled for Wednesday, December 14, at 6:45 p.m. at the Norwalk Arts & Sports Complex. Please call 929-5566 for more information.

Teen Basketball* (Ages 14-15)

The Teen Basketball League provides advanced instruction and friendly competition in a safe and structured environment. Teens wishing to participate in this league will be required to show a school picture ID and a birth certificate at the time of registration. Games will be played at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue, on Friday evenings beginning in February.

Coaches will contact players with practice dates, times, and location. The fee of \$37.50 includes a shirt and a pizza party. A parent meeting is scheduled for Wednesday, December 14, at 6:45 p.m. at the Norwalk Arts & Sports Complex. Please call 929-5566 for more information.

***Please Note: If you are currently participating on a high school basketball team, CIF rules prohibit you from participating in any recreational or organized basketball league.**

Volunteer Coaches Needed!

The City of Norwalk Recreation and Park Services Department sponsors a year-round youth sports program and we need you! These programs are conducted solely with the support of volunteer coaches. Volunteer coaches are needed for the upcoming basketball and soccer programs. If you would like to assist, please visit the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue, and complete a Volunteer Coach's form.

Please Note: In accordance with State regulations, the City of Norwalk fingerprints all volunteer coaches, including assistant coaches, and team moms. A coaches meeting has been scheduled for Wednesday, December 14, at 7:30 p.m. Coaches will be fingerprinted during the meeting at no charge. Please call 929-5566 for more information.

Registration for soccer has already begun at the Norwalk Arts & Sports Complex and is scheduled to end on Wednesday, March 22, 2017. Please Note: Late registration fee: \$10.

Small Fry Soccer

(Boys & Girls, Ages 5-7)

The Small Fry Soccer Program is designed to teach youth, ages 5-7 the basics of soccer. The program emphasizes skill development, sportsmanship, and teamwork in a non-competitive environment. Games will be played outdoors at Norwalk Park, 13000 Clarkdale Avenue, behind the Norwalk Arts & Sports Complex beginning in April.

The \$37.50 fee includes a shirt and participation award. A parent meeting has been scheduled for Wednesday, March 22, at 6:00 p.m., at the Norwalk Arts & Sports Complex. Please call 929-5566, for more information.

Youth Indoor Soccer (Ages 8-13)

The Youth Indoor Soccer League provides fundamental instruction and friendly competition in a safe and structured environment. Games will be played indoors at the Norwalk Arts & Sports Complex beginning in April.

The \$37.50 fee includes a shirt and participation award. A parent meeting has been scheduled for Wednesday, March 22, at 6:30 p.m., at the Norwalk Arts & Sports Complex. Please call 929-5566, for more information.

Teen Indoor Soccer*

(Ages 14-15)

The Teen Indoor Soccer League provides advanced instruction and friendly competition in a safe and structured environment. Teens, ages 14-15, wishing to participate in this league, will be required to show a school picture ID and a birth certificate at the time of registration. A minimum of 32 players are required to run the league. Games will be played at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue, on Friday evenings. *Once teams are formed, coaches will contact participants to schedule practice dates, times, and location. The \$37.50 fee includes a shirt and participation award. A parent meeting has been scheduled for Wednesday, March 22, at 6:30 p.m., at the Norwalk Arts & Sports Complex. Please call 929-5566 for more information.*

***Please Note: If you are currently participating on a high school soccer team, CIF rules prohibit you from participating in any recreational or organized soccer league.**

ADULT SPORTS

Adult Slow-Pitch Softball Leagues

(Ages 18 & Over)

The 2017 Spring Adult Softball Season is scheduled to begin play in March. Leagues offered include:

Friday Night

Men's Recreation Division

Sunday Afternoon

Co-ed Recreation Division

Registration will be conducted from December 2016-February 2017 at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue. Entry fee is \$425 for each team. A \$50 forfeit deposit is due at the time of registration. Each team is also required to pay umpire fees of \$12.50 prior to the start of each game. For more information, please call 929-5567 or 929-5566 or visit our website: www.norwalk.org. All games are played at Holifield Park, 12500 Excelsior Drive.

Adult Basketball Leagues

(Ages 18 & Over)

The 2017 Spring Adult Basketball Season is scheduled to begin play the week of March 5. Leagues offered include:

Sunday Afternoon

Men's "D" Division

Thursday Night

Men's "D" Division

All games are played at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue. Registration will be conducted from December 2016 - February 2017 at the Norwalk Arts & Sports Complex. Register early to guarantee your team a spot in the league of your choice. Entry fee is \$360 for each team. A \$50 forfeit deposit is due at the time of registration. Each team is also required to pay referee fees of \$25 prior to the start of each game. For more information, please call 929-5567 or 929-5566, or visit our website: www.norwalk.org.

Adult Volleyball Leagues

(Ages 18 & Over)

Volleyball leagues are scheduled to begin in April. The Adult Co-ed volleyball league will consist of 3 men and 3 women on the court. This league is designed to provide a structured, competitive volleyball environment for players of various skill levels. All games are played at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue.

Friday Night

Co-ed "Recreation Division"

Registration will be conducted through March 2017 at the Norwalk Arts & Sports Complex. Register early to guarantee your team a spot in the league. Entry fee is \$175 for each team. A \$25 forfeit deposit is due at the time of registration. Each team is also required to pay the referee fee of \$12 prior to the start of each game. For more information, please call 929-5566 or visit us at www.norwalk.org

Refund Policy

Classes/Programs

Refunds will be issued in full only if the class/program is cancelled by the City of Norwalk.

Refunds requested the first week of class will be eligible for a full refund.

Refunds requested the second week of class will be assessed a \$4 administration charge.

After the second regularly scheduled class meeting, refund requests will not be accepted.

Memberships

Refunds are not allowed for any memberships. All Memberships are non-transferrable.

The City reserves the right to revoke a membership if policies and procedures are not followed.

Sports

Refunds are not allowed for Small Fry and Youth Sports once games begin.



Pickleball Leagues

What is Pickleball?

Pickleball is a paddle sport created for all skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

The Basics

1. A fun sport that combines many elements of tennis, badminton and ping-pong.
2. Played both indoors and outdoors on a modified badminton-sized court and a slightly modified tennis net.
3. Played with a paddle and a plastic ball.
4. You can play with a partner in doubles matches or test your athleticism in a singles match.
5. Great game for ages 18 & Over and all skill levels.

Leagues forming now!! Call (562) 929 - 5566 for more information and to sign up for our upcoming FREE Pickleball Clinics. Visit us at www.norwalk.org for more information. Check out this instructional tutorial video: <http://bit.ly/1dHx8BM>



NORWALK ARTS & SPORTS COMPLEX

13000 Clarkdale Avenue • 929-5566



Hours of Operation

Monday-Thursday	8:00 a.m.-9:00 p.m.
Friday	8:00 a.m.-8:00 p.m.
Saturday	9:00 a.m.-6:00 p.m.

Membership Hours

General Membership Hours

Monday-Thursday	1:00-9:00 p.m.
Friday	1:00-8:00 p.m.
Saturday	9:00 a.m.-6:00 p.m.
Sunday	Closed

Senior Membership Hours

Monday-Thursday	8:00 a.m.-9:00 p.m.
Friday	8:00 a.m.-8:00 p.m.
Saturday	9:00 a.m.-6:00 p.m.

Corporate Membership Hours

Monday-Friday	11:00 a.m.-2:30 p.m.
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Have you been thinking about getting fit, starting an exercise program, and living a healthier lifestyle? Then join the Norwalk Arts & Sports Complex, which is one of the most comprehensive and affordable fitness centers in the region. Membership entitles patrons use of the weight room, basketball gymnasium, and four indoor racquetball/handball courts. For further information, please call 929-5566.

Please Note: The Norwalk Arts & Sports Complex will be closed on Monday, January 2, Monday, January 16, and Monday, February 20.

Fee Schedule

Daily Fee (non-members)

Resident \$9

Non-resident \$18.20

General Memberships

Adults (Ages 18-54)

Quarterly \$36.50 Resident

\$109.25 Non-resident

Annually \$146 Resident

\$437 Non-resident

Youth (Ages 8-17)

Annually \$36 Resident

\$146 Non-resident

Family*

Quarterly \$45.50 Resident

\$136.50 Non-resident

Annually \$182 Resident

\$546 Non-resident

**Immediate family living under the same household (proof required): Minimum one adult (parent/legal guardian), maximum two adults; minimum one minor child, maximum five minor children ages 8-17.*

Corporate Membership*

Quarterly \$54.50 / Annually \$218

**Norwalk Business Employees - Proof of Employment Required*

Senior Membership (Ages 55 & over)

Monthly \$3 Resident / \$12.20 Non-resident

Annually \$36 Resident / \$146 Non-resident



Basketball - Open Play*

Monday-Thursday 1:00-9:00 p.m.

Friday 1:00-8:00 p.m.

Saturday 9:00 a.m.-6:00 p.m.

**Schedule subject to change due to Basketball Leagues and Special Events.*

Racquetball/Handball Courts*

Membership is required.

**Only Norwalk residents may make same-day reservations for courts - \$5 fee. There is a one-hour limit for reservations.*

Racquetball

Monday/Wednesday 1:00-9:00 p.m.

Handball

Tuesday/Thursday 1:00-9:00 p.m.

Open Play

Friday 1:00-8:00 p.m.

Saturday 9:00 a.m.-6:00 p.m.

Weight Room (Ages 18 & over)

Monday-Thursday 1:00-9:00 p.m.

Friday 1:00-8:00 p.m.

Saturday 9:00 a.m.-6:00 p.m.



Register online at www.norwalk.org

ARTS & SPORTS COMPLEX

13000 Clarkdale Avenue • 929-5566



Fitness Classes & Activities for Senior Members

NASC Senior Open Basketball* (Ages 55 & over)

Wednesdays & Fridays *
9:30-10:30 a.m.

**Senior Membership is required*

Calling all seniors interested in staying fit and having fun. One court will be reserved for this activity to join other seniors for a pick-up game basketball. This is a great opportunity to exercise and socialize. Also, seniors have exclusive use of our state-of-the-art weight room on weekdays from 8:00-11:00 a.m.

NASC Senior Exercise Class (Ages 55 & over)

Mondays, Wednesdays & Fridays
9:15-10:45 a.m.

**Senior membership is required.*

Get your heart rate up and your blood pumping. These classes are fun, interactive and sure to make you sweat. Exercises vary, some days we dance and other days it's a cardio workout. Weights, stretching and more will be included.

NASC Senior Yoga-Tai Chi Class (Ages 55 & over)

Tuesdays & Thursdays
9:30-10:45 a.m.

**Senior membership is required.*

Stretch your muscles, improve muscle tone and overall strength. This class is relaxing and tons of fun with friends.

Pickleball (Ages 55 & over) Tuesday-Thursday

8:00-11:00 a.m.

Please come join in on the fastest growing sport around... the Sweet game with a Sour name Pickleball! This new and exciting sport combines many elements of tennis, badminton and ping pong. Play takes place indoors on a badminton sized court and a slightly modified tennis net (Basketball Gym). For more information on how to play and the official rules please visit USAPA.org.

Family Fitness Classes

(Ages 8-17)

**Membership is required.*

Tuesdays and Thursdays, 7:15-8:00 p.m.

This class strives to increase the overall health and fitness level of children in a fun, safe, positive and motivating environment by utilizing obstacle courses, fitness games, partner activities, body weight exercises, resistance bands, circuits and more.

NASC Fitness Classes

(Ages 18 & over)

Mondays & Wednesdays • 6:15-7:00 p.m.

**Membership is required.*

Tuesdays and Thursdays • 12:15-1:00 p.m.

**Corporate membership is required.*

Need your energy back and want to start working out but don't know where to start? Our trainers can guide you through a fun and energetic workout.

Norwalk Boxing Program

Quarterly Cost: \$40 Resident/\$61 Non-resident

The City of Norwalk offers a Boxing Program at the Norwalk Arts & Sports Complex where participants can learn boxing techniques and conditioning skills. Training is also available for youth interested in participating in area tournaments.

Youth Boxing Program

(Ages 8-17)

Monday-Thursday

4:00-6:30 p.m.

Friday

4:00-6:00 p.m.

Saturday

9:00 a.m.-12:00 p.m.

Adult Boxing Program

(Ages 18 & over)

Monday-Thursday

6:30-8:00 p.m.

Friday

6:00-8:00 p.m.

Saturday

9:00 a.m.-12:00 p.m.



Register online at www.norwalk.org

NASC RESERVATIONS

Norwalk Arts & Sports Complex Facilities



To reserve, view a room, or obtain a rental application, please call 929-5566 or visit the Norwalk Arts & Sports Complex located at 13000 Clarkdale Avenue. Rental information is also available at www.norwalk.org

Payment of Fees: Half of the security deposit is due when an application is approved. Room reservations must be made at least 30 days in advance and rental fees must be paid in full 30 days prior to the reservation date.

Set-up Fees: Applicant may decorate/set up one to three hours in advance on the day of the reservation at a rate of \$53.50 per hour.

Security Fee: If applicant is serving alcohol at an event, in addition to the reservation total, an hourly fee of \$35 will apply for each Public Safety Officer in attendance. If it is determined that Sheriff Deputies are required, a fee of \$102 an hour per deputy will apply.

Non-resident Fee: An additional flat fee of \$500 applies to non-resident use.

Security Deposit Refund: Please allow four weeks following your reservation for refund to arrive by mail.

Sproul Room

Capacity: 150 Maximum

\$772 (Five hours, includes one hour cleanup)

\$150 Each Additional Hour

\$1,000 Security Deposit (Serving alcohol)

\$500 Security Deposit (No alcohol)



Hargitt Room

Capacity: 50 Maximum

\$390 (Five hours, includes one hour cleanup)

\$40 Each Additional Hour

\$500 Security Deposit (with/without alcohol)



Rich Rehearsal Hall (Multi-Purpose Room)

Capacity: 150 Maximum

\$579 (Five hours, includes one hour cleanup)

\$100 Each Additional Hour

\$1,000 Security Deposit (Serving alcohol)

\$500 Security Deposit (No alcohol)



Hospitality Courtyard

Capacity: 200 Maximum (outdoor setting)

\$405 (Three hours, includes one hour cleanup)

\$100 Each Additional Hour

\$500 Security Deposit (with/without alcohol)



Sproul Reception Center (Barn)

Capacity: 72 Indoor-100 Indoor & Outdoor

\$746 (Five hours, includes one hour cleanup)

\$125 Each Additional Hour

\$1,000 Security Deposit (Serving alcohol)

\$500 Security Deposit (No alcohol)



Complex Terrace (June-September only)

Capacity: 125 (outdoor setting)

\$500 (5-Hours, includes one hour cleanup)

\$100 Each Additional Hour

\$500 Security Deposit (with/without alcohol)



PARK FACILITY RESERVATIONS

Gerdes Park Recreation Center

14700 Gridley Road

Capacity: 70 Banquet Style

\$230 (5-Hour Block of Time)

\$40 Each Additional Hour

Non-resident Fee: \$158.50 (+ hourly fee)

\$1,000 Security Deposit with alcohol

\$500 Security Deposit without alcohol

Available Hours: Saturday • 12:00-11:00 p.m.

Sunday • 9:00 a.m.-11:00 p.m.



Hermosillo Park Recreation Center

11959 162nd Street

Capacity: 80 Banquet Style

\$250 (5-Hour Block of Time)

\$40 Each Additional Hour

Non-resident Fee: \$158.50 (+hourly fee)

\$1,000 Security Deposit with alcohol

\$500 Security Deposit without alcohol

Available Hours: Saturday • 12:00-11:00 p.m.

Sunday • 9:00 a.m.-11:00 p.m.

Sara Mendez Park Recreation Center

11660 Dune Street

Capacity: 44 Banquet Style

\$364 (5-Hour Block of Time)

\$40 Each Additional Hour

Non-resident Fee: \$158.50 (+ hourly fee)

\$1,000 Security Deposit with alcohol

\$500 Security Deposit without alcohol

Available Hours: Saturday • 12:00-11:00 p.m.

Sunday • 9:00 a.m.-11:00 p.m.



Shoshonean Campsite

(Robert White Park)

12120 Hoxie Avenue

Capacity: 250

\$232 (5-Hour Block of Time)

\$40 Each Additional Hour

Non-resident Fee: \$158.50 (+ hourly fee)

Available Hours: Daily • 9:00 a.m.-7:00 p.m.

Overnight reservations for resident Boy and Girl Scout troops only.

Security Fee

If applicant is serving alcohol at an event, in addition to the reservation total, an hourly fee of \$35 will apply for each Public Safety Officer in attendance. If it is determined that Sheriff Deputies are required, a fee of \$102 an hour per deputy will apply.

Non-resident Fee

An additional flat fee of \$500 applies to non-resident use.

Security Deposit Refund

Please allow four weeks following your reservation for refund to arrive by mail.

Rental applications

Available at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue or online at www.norwalk.org.

PARK LOCATIONS & HOURS

Gerdes Park



14700 Gridley Road
929-5611

Hermosillo Park



11959 162nd Street
929-5613

Holifield Park



12500 Excelsior Drive
929-5614

New River Park



13432 Halcourt Avenue
929-5619

Norwalk Park



13000 Clarkdale Avenue
929-5702

Ramona Park



13244 Mapledale Street
929-5616

Sara Mendez Park



11660 Dune Street
868-1093

Vista Verde Park



11459 Ratliffe Street
929-5618

Zimmerman Park



13031 Shoemaker Avenue
929-5620

Winter Park Hours

December 1, 2016 -
February 28, 2017*

Gerdes, Hermosillo
& Sara Mendez Parks
Mondays, Tuesdays,
Thursdays, Fridays
2:30-5:00 p.m.
Wednesdays
1:00-5:00 p.m.

(Sara Mendez Park
Wednesdays
1:30-5:00 p.m.)

Saturdays
12:00-5:00 p.m.

Holifield, New River,
Ramona & Vista Verde Parks
will not be staffed.

Winter Break Hours

December 26-January 7*

Gerdes, Hermosillo, Holifield,
New River, Ramona, Sara
Mendez, & Vista Verde Parks
Monday-Saturday
12:00-5:00 p.m.

*Parks will not be staffed
December 3 & 25,
January 1 & 16, or February 20

SKATE PARK

The Skate Park is located at Norwalk Park adjacent to the Aquatic Pavilion. It is open to skaters and bikers of all ages.

Please Note: Helmets, kneepads, and elbow pads are required at all times while inside the Skate Park. For more information, please call 929-5566.

Skateboard & In-line Skate Hours

Mondays, Tuesdays, & Thursdays 8:00 a.m.-8:00 p.m.

Wednesdays 8:00 a.m.-2:00 p.m. & 5:00-8:00 p.m.

Fridays 8:00 a.m.-9:00 p.m.

Saturdays 8:00 a.m.-2:00 p.m. & 4:00-9:00 p.m.

Sundays 8:00 a.m.-8:00 p.m.

Bike Hours

Wednesdays
2:00-5:00 p.m.

Saturdays
2:00-4:00 p.m.

Register online at www.norwalk.org

TOT PROGRAMS



Totally Tots (Ages 3-5)

Gerdes Park, 14700 Gridley Road

Prepare your child for the big world and help them learn necessary skills in a fun and interactive environment. Tots will participate in art, music, and storytelling while interacting with peers to build social skills and gaining independence. Participants must be fully potty trained and must have turned 3 years of age by the first day of the session. For more information, please call 929-5922.



Totally Tots Important Information:

Registration for all tot programs is taken at the Norwalk Arts and Sports Complex, 13000 Clarkdale Avenue. Please Note: Proof of birth date is required at time of registration.

Winter Tot Camp (Ages 3-5)

November 28-December 16

Monday-Friday • 9:00 a.m.-12:00 p.m.

Cost: \$60 Resident/\$70 Non-Resident

Gerdes Park, 14700 Gridley Road

Back by popular demand! Tots will enjoy a shorter session of festive, fun and hands-on activities. They will have the opportunity to make custom ornaments, holiday artwork, fun gifts for loved ones and create memories!

Norwalk Residents Registration Dates:

Session 1 Saturday, November 24 • 10:00 a.m.

Session 2 Saturday, November 24 • 10:00 a.m.

Non Residents Registration Dates:

Session 1 Monday, November 26 • 8:00 a.m.

Session 2 Monday, November 26 • 8:00 a.m.

Mondays, Wednesdays, & Fridays

9:00 a.m.-12:00 p.m.

Cost: \$81 Resident/\$91 Non-Resident

Session 1 January 9-February 17
(Class will not meet January 18)

Session 2 February 27-April 7
Tuesdays & Thursdays • 9:00 a.m.-12:00 p.m.

Cost: \$71 Resident/\$81 Non-Resident

Session 1 January 10-February 16

Session 2 February 28-April 6

PARK PROGRAMS

The below activities are for children Ages 6-12

Holiday Edibles & Much More

Monday-Saturday • December 5-24

3:00-4:00 p.m.

Cost: Free

Gerdes, Hermosillo & Sara Mendez Parks

Everybody knows the feeling they get with the holidays are getting close? Imagine all the fun that you can have with friends at your local park getting ready for the holidays.

Holiday Pickle Ball Challenge

Tuesday-Friday • December 27-January 6

3:00-4:00 p.m.

Cost: Free

All Park Sites

Each park will challenge each other. Games will be held at the Norwalk Arts & Sports Complex. The winning park will receive a festive treat!!!

Party Like It's 2017

Monday-Saturday, December 27-January 28

2:00-3:00 p.m.

Cost: Free

All Park Sites

Get ready for 2017! We will play fun games, make creative crafts and share some memories. Every day this week will be new and fun activities to help you get ready for 2017.

Sweet '17

Wednesdays • January 4 - 25 • 3:00-4:00 p.m.

Yummy Sweet '17. Visit your local park to make healthy, delicious, tasty treat to help you start 2017 off right. Each week we will make a different treat.

International Friendship February

Monday-Saturday • February 1-28

You can never have too many friends! Come make new friends at the park and hang out with current friends. We will play games and make artistic crafts all month long.

ADAPTIVE RECREATION

This program is designed for children, teens, and adults with developmental, physical, and/or learning disabilities. Participants are encouraged to maximize their abilities through recreation activities with a social emphasis. All participants must have a current medical/emergency form on file with the department in order to participate.

Please Note: Although group homes are encouraged to participate, an attendant or program aide must remain to assist as needed. Activities are held at Gerdes Park, 14700 Gridley Road, unless otherwise noted. To register for programs or to be added to the mailing list, please call 929-5922.

CLASS (Suggested ages 6-18)

This after school program is specifically designed for your child with disabilities. Homework help, crafts and games are all done in an environment tailored to fit their needs.

Winter Fun Faire

Monday-Thursday • 3:30-5:30 p.m.

Gerdes Park, 14700 Gridley Road

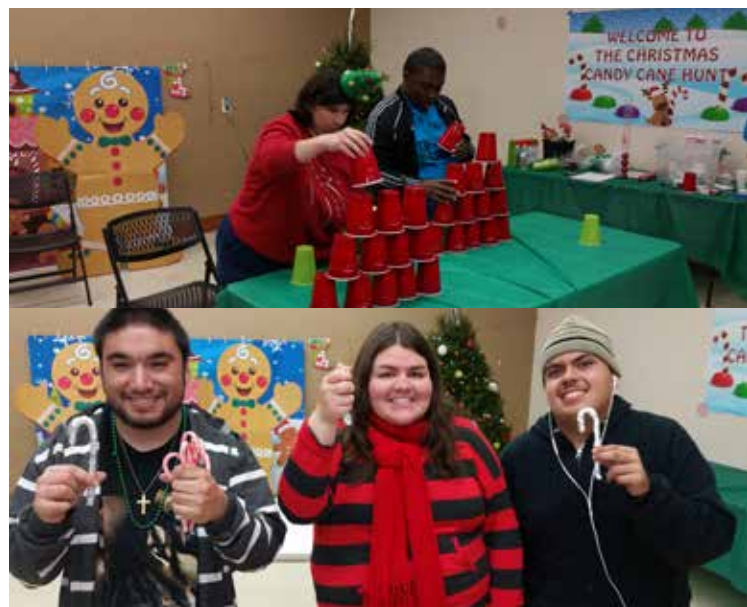
Cost: \$25 per session

This program will keep your child active and entertained as they socialize and make new friends. Activities include homework help, games, hands-on activities, and other excitement. A daily snack will be provided. Please register early. Space is limited.

Session 1 November 28- December 22

Session 2 January 9-February 2 (*Class will not meet on January 16*)

Session 3 February 6-March 2 (*Class will not meet February 20*)



HEART (Suggested ages 13 & Over) Recreation Adapted for Teens & Adults with Disabilities



Thursday Night Fun

Thursdays, December 1-February 23

Gerdes Park, 14700 Gridley Road

Make Thursdays the highlight of the week! Each week we have a different activity planned for all the participants. From excursions to dances, the best part is, participants are sure to have fun and make new friends. Check out the monthly calendar for fees, times, and registration information.

TGIF!

Fridays, once per month

Gerdes Park, 14700 Gridley Road

TGIF!!! Once a month we go to a new and fun location to help kick start a weekend of fun. These Friday night activities are sure to keep you coming back for more. Check out the monthly calendar for fees, times, and registration information.

Awesome Saturdays

Saturdays, once per month

Gerdes Park, 14700 Gridley Road

Make the most of your Saturdays with us! We will add fun to your weekend by visiting a far away or local attraction. Check out the monthly calendar for fees, times, and registration information.

Register for Adaptive Recreation Programs at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue.

ADAPTIVE RECREATION

Special Olympics Team Norwalk Informational Meeting

Sproul Room, Norwalk Arts & Sports Complex
Wednesday, January 11 • 6:30 p.m.



Find out about practices and events happening this season. This informational meeting is for parents and care takers.



Special Olympics Team Norwalk Dance FUNdraiser

Rich Rehearsal Hall, Norwalk Arts & Sports Complex
Friday, January 27 • 6:30-9:30 p.m.

Cost: \$12

Kick off the season with family, friends, dancing and good food! This fun evening will introduce new athletes to existing team members, allows everybody to meet the coaches and have a good time. Even if you're not part of Special Olympics, come support Team Norwalk anyways! In order to support Team Norwalk, we ask that all people in attendance purchase a ticket. Bring additional money for raffles.

TEEN CENTER

(Ages 13-18) • 12305 Sproul Street • Monday-Friday • 3:30 - 6:30 p.m.

Teen Center will be closed on December 26, January 2, & 16, and February 10 & 20.

Welcome to your Teen Center! That's right! Your Teen Center - This place was designed with the Norwalk Teen in mind. We have tons of stuff for the everyday teen to spend a few hours a day doing something positive with their free time. We have a big screen TV, gaming consoles, a pool table, computers and much more! Our team of Recreation Leaders are well trained and ready to help you make the most of your teenage years. We are conveniently located near the Norwalk Arts & Sports Complex, Skate Park, and the Aquatic Pavilion. So stop by and check us out, the program is free, and no registration is required. To speak with a staff member, please call (562) 929-4260.



Teen Alliance Program "TAP" (Ages 13-18)

Join TAP and learn valuable working skills, develop social skills, interpersonal skills, and gain a sense of accomplishment, all while giving back to your community. You will have an opportunity to volunteer at Citywide special events and a variety of activities in Norwalk. This is also a great way to serve volunteer hours for school or church. The Teen Alliance Program General Membership meetings are held on the first Wednesday of each month (December 7, January 4 and February 1) at the Norwalk Arts & Sports Complex at 6:00 p.m. For more information on meetings or TAP events, please call (562) 929-4260.

Please Note: Programs may be changed or canceled without notice. Refunds will be issued in full for any program canceled by the City of Norwalk. Please visit the official City of Norwalk website at www.norwalk.org for updated information on upcoming events and programs.

TEEN CENTER

(Ages 13-18) • 12305 Sproul Street • Monday-Friday • 3:30 - 6:30 p.m.

Winter Break Excursions

(Teen Center will be closed during Winter Break, Monday-Thursday, December 26-January 6)

Downtown Disney

Tuesday, December 27 • 3:00-8:00 p.m.

Cost: \$2 per participant

Reserve your spot with a \$2 deposit. Christmas decorations don't get much better than at Downtown Disney. Don't miss out on this excursion. See the lights, the characters and the decorations. This fun-filled day will include transportation and a snack. Bring money for shopping.

Register at the Norwalk Arts & Sports Complex by Friday, December 23. Space is limited.

LA Zoo Lights

Wednesday, December 28 • 4:00-9:00 p.m.

Cost: \$12 per participant

Join us as the LA Zoo is transformed to a spectacular light display that will show you a different side of the zoo. This fun-filled day will include transportation, admission and a snack.

Register at the Norwalk Arts & Sports Complex by Friday, December 23. Space is limited.

Griffith Park Observatory

Thursday, December 29 • 5:00-10:00 p.m.

Cost: \$5 per participant

Stop wondering what is past our space and come explore it with us as we visit Griffith Park Observatory. Aside from star gazing and exploring this amazing museum, participants will also view a show in the Samuel Oschin Planetarium. This excursion will include transportation, admission to planetarium, and a snack.

Register at the Norwalk Arts & Sports Complex by December 23. Space is limited.

New Year's Eve Party

Friday, December 30 • 4:00-10:00 p.m.

Cost: Free

As 2016 comes to an end, join us at the Teen Center to bring in 2017 with style. Come hang out with your friends as staff prepare a positive and fun New Year's party. Enjoy snacks, watch movies, explore your creative side, and of course make New Year's resolutions. For more information, please call (562) 929-4260.

Sunsets in San Pedro

Tuesday, January 3 • 2:00-8:00 p.m.

Cost: \$2 per participant

Join us as we visit historic San Pedro to take in some of the most amazing sunsets you will ever see. Make sure to have plenty of memory on your phone, because this will be great opportunity to relax with your friends and visit a new place. This fun-filled day will include transportation and a snack. Bring money for shopping and food or pack a sack lunch.

Register at the Norwalk Arts & Sports Complex by Friday, December 23. Space is limited.

Santa Monica Pier

Wednesday, January 4 • 2:00-8:00 p.m.

Cost: \$2 per participant

Reserve your spot with a \$2 deposit. Spend the afternoon with your friends and take in everything the Santa Monica Pier has to offer. With plenty of entertainment and shops, don't miss out on a fun opportunity with your friends. This fun-filled day will include transportation and a snack. Bring money for shopping and food or pack a sack lunch.

Register at the Norwalk Arts & Sports Complex by Friday, December 23. Space is limited.

Ice Skating at

the Queen Mary (Long Beach)

Thursday, January 5 • 3:00-8:00 p.m.

Cost: \$25 per participant

Join us as we visit Long Beach and go CHILL at the Queen Mary. Enjoy ice skating and a few other surprises that will have you experiencing the CHILL of Winter this holiday season! Fee includes skate rental, transportation, admission and a snack.

Register at the Norwalk Arts & Sports Complex by Wednesday, December 23. Space is limited.

Please Note: All excursions depart from and return to the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

Nature Hike

at Amir's Garden (Griffith Park)

Saturday, January 21 • 7:00 a.m.-2:00 p.m.

Cost: \$2

Join us as we get lost in Amir's Garden. This is a hidden jewel in the middle of Griffith Park. Get outside and enjoy the beautiful sounds and views of the great outdoors. Wear sturdy walking shoes or hiking boots and bring water and a snack. The roundtrip hike is 1.8 miles. Rain or shine.

Register at the Norwalk Arts & Sports Complex by Friday, January 13. Space is limited.



Please Note: Programs may be changed or canceled without notice. Refunds will be issued in full for any program canceled by the City of Norwalk. Please visit the official City of Norwalk website at www.norwalk.org for updated information on upcoming events and programs.

TEEN CENTER

(Ages 13-18) • 12305 Sproul Street • Monday-Friday • 3:30-6:30 p.m.

Nature Hike at Sturtevant Falls (Arcadia)

Saturday, February 4 • 7:00 a.m.-2:00 p.m.

Cost: \$2

Back by popular demand, this local's favorite hike is a must for local hikers. Get outside and enjoy the beautiful sounds and views of the great outdoors. Wear sturdy walking shoes or hiking boots and bring water and a snack. Roundtrip hike is 3.2 miles. Rain or shine.

Register at the Norwalk Arts & Sports Complex by Friday, January 27. Space is limited.

Cupid's Oasis Middle School Complex Dance

Friday, February 10 • 7:00-10:00 p.m.

Norwalk Arts & Sports Complex

Cost: \$5 per student

Dance at the Norwalk Arts and Sports Complex. This event will feature: Live DJ, photo booth, dance competitions, and raffle prizes.

Please Note: The event is open only to Norwalk students in the 6th, 7th, and 8th grades. Students will need to show a school I.D. card, yearbook photo, or other positive identification to verify current grade level.

Paintball at Warped Paintball Park

Saturday, February 18 • 10:00 a.m.-4:00 p.m.

34481 Ridge Route Rd., Castaic

Cost: \$30

Back by popular demand!! If you have not been paintballing before, this is the perfect opportunity for you try something new. Rental includes all the gear needed. Parent waivers must be signed.

Register at the Norwalk Arts & Sports Complex by Friday, February 10. Space is limited.

FREE Teen Center Activities

These activities are held at the Norwalk Teen Center, 12305 Sproul Street. Activities are open to Teens ages 13-18.

All activities are subject to cancellation due to low enrollment.

DIY Holiday Deco

Mondays & Wednesdays

December 5-21 • 5:00-6:00 p.m.

(No activity on Wednesday, December 7)

No money to deck out your holidays? No problem! Explore your creative side and create holiday cards for your family, tree ornaments, or gifts for friends.

Register at the Norwalk Teen Center by Wednesday, November 23. Space is limited.

Kookie Kreations

Tuesdays & Thursdays

December 6-22 • 5:00-6:00 p.m.

This activity will help you explore your "kreative" side with baking everyone's holiday favorites, cookies! We will provide the supplies; you eat the delicious-ness.

Register at the Norwalk Teen Center by Wednesday, November 23. Space is limited.

Project Decoration

Mondays

January 9-February 27 • 5:00-6:00 p.m.

Nothing like a ringing in the New Year with new decorations for your room. Help decorate the Teen Center while you're at it.

Register at the Norwalk Teen Center by Friday, December 23. Space is limited.

Juice it up!

Tuesdays

January 10-February 28 • 5:00-6:00 p.m.

Harness the power of fresh juice! Don't let the winter cold lower your energy. Come to the Teen Center and staff will help you pick it up with the power of juice.

Register at the Norwalk Teen Center by Friday, December 30. Space is limited.

Be Mine Valentine!

Thursdays

January 19-February 9 • 5:00-6:00 p.m.

No money for a Valentine's Day gift for that special someone? We have you covered! Gifts are always more special when they are handmade. Staff will show you the ropes to land that special someone.

Register at the Norwalk Teen Center by Friday, January 6. Space is limited.

TGIF!

Fridays

December-February • 3:30-6:30 p.m.

Don't spend your Friday evenings bored at home! Join us for games, movies, yummy snacks, and so much more. Hang out with your friends and start the weekend off right.



Winter Scrapbooking Club

Wednesdays • January 11-February 22 • 5:00-6:00 p.m.

Don't let all those amazing pictures you took in 2016 hide away on your phone. Print them out and make a 2016 scrapbook. Don't know how to print pictures? No worries, our trained staff will show you every step of the way.

Register at the Norwalk Teen Center by Friday, December 30. Space is limited.

CULTURAL ARTS CENTER

13200 Clarkdale Avenue • 929-5521



Winter Hours

Tuesday-Friday 3:00-7:00 p.m.

Saturday 11:00 a.m.-3:00 p.m.

Sunday-Monday Closed

Please Note: The Cultural Arts Center will be closed on Saturday, December 24.

Get creative at the Cultural Arts Center (CAC) this Winter! There are a variety of classes, workshops, and special events for li'l munchkins, tots, youth, teens and adults. If you are looking for something a little more on the cultural side, we offer Mariachi classes for ages 7-18. The CAC also houses the Mary Paxon Art Gallery where local and regional artists have the opportunity to exhibit their art. The Center is located adjacent to the Norwalk Arts & Sports Complex, 13200 Clarkdale Avenue.

Mary Paxon Art Gallery

The Gallery is located at the Cultural Arts Center adjacent to the Norwalk Arts & Sports Complex. Local and regional artists display their art to promote visual arts in the community. If you are interested in exhibiting artwork, please call the Cultural Arts Center at 929-5521. The Gallery is free to the public and is wheelchair accessible.

Calling All Artists!

The Mary Paxon Gallery is seeking artists for future exhibits. If you are interested in being included in our Artist Directory, please call 929-5521.

Mailing List

To be added to our mailing list for future art exhibits and art receptions, please call the Cultural Arts Center at 929-5521.

Upcoming Exhibit Schedule



December 6-23: Sorrows

Artist: Christina Hernandez

**Artist Reception: Thursday, December 15
7:00-9:00 p.m.**



January 10-28: Art & Clay House

Artists: Art & Clay House Students

**Artists' Reception: Friday, January 13
6:00-8:00 p.m.**



February 7-25: Open Ended

Artist: Lawrence Jay

**Artist Reception: Saturday, February 11
6:00-8:00 p.m.**

Please Note: Programs may be changed or canceled without notice. Refunds will be issued in full for any program canceled by the City of Norwalk. Please visit the official City of Norwalk website at www.norwalk.org for updated information on upcoming events and programs.

CULTURAL ARTS CENTER

13200 Clarkdale Avenue • 929-5521

At the Cultural Arts Center (CAC), classes and workshops are offered free or at a nominal fee to Norwalk residents. Classes are 45 minutes in length unless otherwise noted. The Center is located adjacent to the Norwalk Arts & Sports Complex, 13200 Clarkdale Avenue. The CAC also houses the Mary Paxon Art Gallery.

Registration will begin on Thursday, November 17, from 8:00 a.m.-9:00 p.m. at the Norwalk Arts & Sports Complex. Register early! If there are less than three participants enrolled in a class (prior to the first day of class) the class will be cancelled and a full refund will be issued. Additional registration hours will take place during regular operating hours: Monday-Thursday 8:00 a.m.-9:00 p.m. and Friday 8:00 a.m.-8:00 p.m. and Saturday 9:00 a.m.-6:00 p.m. For registration or general information, please call 929-5521. Please Note: Art is messy. Bring an apron or oversized shirt to protect clothing.

Brush Strokes & Beverages

(Ages 21 +)

Fridays

January 20 & March 24 • 7:00-9:30 p.m.

Cost: \$25

Brush Strokes and Beverages welcomes artists of all experience levels to an evening of instructor-led painting. Come with friends and family, enjoy the complimentary drinks and snacks, and leave with a personal masterpiece. The session will feature a predetermined painting, simple enough for first-time painters or with suggestions and instructions for those with a higher experience level. Tackle your personal artistic angle with the assistance of an experienced instructor and watch your inner artist come to life on canvas!

Open Mic Night

Fridays

December 9 & February 17 • 8:00-9:30 p.m.

Performers (All Ages)

Calling all artists!!! Singers, dancers, poets, comedians, and musicians join us for an evening of entertainment. A microphone, microphone stand, speakers, and iPod connector will be available. Participants should bring all other equipment needed for their performance. Participants will be allowed to perform two selections or for a total of seven minutes. All types of music are welcome. Lyrics need to be appropriate for all ages. Profane words or messages of hate will not be tolerated. Invite your family and friends! Performers are encouraged to arrive early to sign up for a spot.

Ceramic Art Studio (All Ages)

Fridays & Saturdays

Cost: \$5 lab fee per visit (cash & checks only)

Visitors will be able to drop in and paint, glaze, and utilize supplies. Items will be fired by a staff member. The \$5 lab fee will include supplies, paint, and staff assistance. In addition to the \$5 lab fee, participants will have to purchase their ceramic piece at the Cultural Arts Center. Items will range from \$2 to \$20. If you wish to bring your own ceramic piece you may. However, we will only fire ceramic items purchased from the Cultural Arts Center. Please call the Cultural Arts Center for more information at 929-5521. The Ceramic Art Studio will be open the following dates:

Friday, December 2 3:30-5:30 p.m.

Friday, December 9 3:30-5:30 p.m.

Friday, December 16 3:30-5:30 p.m.

Saturday, December 17 12:00-2:00 p.m.

Saturday, December 31 12:00-2:00 p.m.

Saturday, January 7 12:00-2:00 p.m.

Beginning Violin (Ages 6-15)

Wednesdays • 4:00-4:50 p.m.

Cost: \$40/4 weeks

(Plus \$10 book fee the first day of class. Cash Only)

Instructor: Denise Martinez

Research has shown that children who study music are more likely to excel in their studies. Here is your chance to learn to play the violin! Students will learn basic techniques, and even learn to read music notation. Students are required to have a violin in class. Rentals are available through the Cultural Arts Center (on a first come, first serve basis) with a \$50 deposit.

Session 1

Session 2

Session 3

December 7-28

January 4-25

February 1-22

Local Vocals Choir (Ages 6-15)

Wednesdays • 5:00-5:50 p.m.

Cost: \$30/4 weeks

Instructor: Denise Martinez

Come and unleash your inner voice! Join current Biola University music student as we cover fundamental vocal techniques that will develop your voice. We will learn breathing techniques, hand signs, vocalization, and much more!

Session 1

December 7-28

Session 2

January 4-25

Session 3

February 1-22

Musical Fingers-Piano for Tots (Ages 3-5)

Saturdays • 11:00-11:45 a.m.

Cost: \$40/4 weeks

Instructor: Denise Martinez

(Plus \$10 book fee the first day of class. Cash Only)

Come and learn music alongside your young child. Students will learn to play their first melodies on piano as we cover basic techniques and concepts. Keyboards are provided for classroom use. Parent participation is required.

Session 1 December 10-January 7

(Class will not meet December 24)

Session 2 January 14-February 4

Session 3 February 11-March 4



CULTURAL ARTS CENTER

13200 Clarkdale Avenue • 929-5521

FREE Miniachis de Norwalk Upcoming Performances

The City of Norwalk has its own Youth Mariachi Group. Our talented group practices every Tuesday at the Cultural Arts Center. We would love to see you at one of our upcoming performances. Come check us out!

Saturday, December 3

SnowFest Event • 12:15 p.m.

City Hall Lawn, 12700 Norwalk Blvd.

Tuesday, December 13

Santa Sleigh Stop • 6:00 p.m.

Volunteer Ave. & Crew St.

NEW Santa's Workshop

(Ages 6-11)

Saturdays

December 10 & 17 • 12:00-4:00 p.m.

Cost: \$15/per day

Come hang out with us at the CAC for our new Santa's Workshop. You will get the chance to be Santa's little helper! Children will enjoy a variety of craft stations where they can make a gift for someone special and enjoy a visit with the white bearded guy from the NORTH POLE! Participants must bring a sack lunch each day.

NEW Winter Art Camp

(Ages 6-11)

Tuesday-Thursday • 11:00 a.m.-4:00 p.m.

Cost: \$45

Back by popular demand! Don't miss out on the holiday fun during winter break! Join us for three days of adventures and excitement. Holiday songs, stories, crafts, cooking, playing games and much more are planned as part of the fun. Participants must bring a sack lunch every day.

Session 1

Session 2

December 27-29

January 3-5

NEW Book Club (Ages 18 +)

Saturdays • 12:00-1:45 p.m.

Cost: \$10/4 weeks

Do you love to snuggle up with a good book? Do you enjoy a great discussion? If so, our new Book Club is the place for you on Saturday afternoon. Meet up with others who share your love of literature right here at the Cultural Arts Center. Our first book will be a collection of short stories, "One More Thing" by B.J. Novak

Session 1 January 7-28

Session 2 February 4-25

Art Club (Ages 6-12)

Saturdays • 12:00-1:45 p.m.

Cost: Free/4 weeks

Would you like to be part of a club? If so, then come join our Art Club this winter. Art Club offers exciting opportunities for children to discover, explore, and create art while having fun!! A variety of media is offered, including drawing, painting, collage, printmaking, mixed media, clay, as well as art history. Learn how to paint, draw, and express yourself with art. All ideas are welcome!

Session 1 January 7-28

Session 2 February 4-25

Save The Date Spring Programs

FREE "Artastic"

Friday • March 17 • 6:00-9:00 p.m.

Cultural Arts Center

"Artastic" is a free special event that celebrates the arts and highlights the Cultural Arts Center's programs and classes. Don't miss out!! Stop by to see how you can get involved in the creative process and art appreciation. This event is for the entire family and will feature free art activities and projects, multiple art exhibits, entertainment, food, and much more. For more information, please call 929-5521.

8th Annual Community Art Competition & Scholarship Program

Art Submittal Dates:

Tuesday-Friday, February 28-March 3

Art Exhibit Dates: March 14-17

Artist Reception/Awards Day: Friday,

March 17 • 6:00-9:00 p.m.

Calling all high school and middle school students who reside within the City of Norwalk, attend school in Norwalk, or attend school in the Norwalk/La Mirada Unified School District are invited to compete. For more information, please call the Cultural Arts Center at 929-5521.

Community Book Fair

March 7-10

Tuesday-Thursday • 3:00-7:00 p.m. &

Saturdays • 11:00 a.m.-3:00 p.m.

Cultural Arts Center

Come check out our Community Book Fair at the Cultural Arts Center. Books, trinkets, and school supplies will be available for sale. Scholastics has provided books that are available for all ages. The book fair will be open for extended hours on Friday, March 17, 6:00-9:00 p.m., during the "Artastic" event at the Cultural Arts Center. For more information, please call 929-5521.

CULTURAL ARTS CENTER

13200 Clarkdale Avenue • 929-5521



Creative Li'l Hands (Ages 3-5)

Tuesdays & Thursdays

9:00 a.m.-12:00 p.m.

Cost: \$50/5 weeks Resident

\$60/5 weeks Non-Resident

Toddlers will get a head start for Pre-school and Kindergarten. They will practice listening skills, sharing, and taking turns. Students will participate in many activities including art, crafts, music, and storytelling. Activities are selected to enhance the learning of shapes, colors, and ABC's. Please Note: Participants must be fully potty trained and must have turned 3 years of age by the first day of the session. For more information, please call 929-5521.

Session 1 November 15-December 20

(Class will not meet on November 24)

Session 2 January 10-February 9

Session 3 February 14-March 16

Important Registration Information

Registration for Creative Li'l Hands is accepted at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue.

Please note: Proof of birth date is required at the time of registration.

Norwalk Residents Registration Dates:

Saturday, November 5 at 10:00 a.m.

Non-Residents Registration Dates:

Monday, November 7 at 8:00 a.m.

Li'l Munchkins (Ages 1-2)

A parent or caregiver must actively participate during the duration of class. Classes are 45 minutes in length.

Tubs of Fun

Saturdays

January 7-28 • 11:00 a.m.

Cost: \$8

Get messy as we discover and learn about our senses while we create slippery slime, colorful spaghetti worms and more. Encourage your child the freedom to throw items together in our sensory tubs of fun!

Bop 'til You Drop

Wednesdays

January 11-February 1 • 6:00 p.m.

Cost: \$8

Clap, stomp and dance around to a variety of children's songs, old and new. Explore movement through free and coordinated dance moves to help build confidence and social skills while having a groovy time bopping 'til they drop!

Block Party

Saturdays • February 4-25 • 11:00 a.m.

Cost: \$8

This block party is one of a kind. Blocks can be used for more than stacking. Learn to create block stamps, personalized blocks with an initial, and even build block sculptures!

Bedtime Stories

Thursdays • February 9-March 2 • 6:00 p.m.

Cost: \$8

Create your own story to make bedtime more enjoyable. Learn how props, sound and movement are important tools through the art of storytelling. The created stories will be shared aloud on the last day of class.

Pots & Pans Band

Fridays • February 10-March 3 • 5:00 p.m.

Cost: \$7

Pots and pans make exciting instruments especially when customized with paint, pom-poms, and yarn. Learn to create rhythm and beats as the class unites and becomes one band!

Tots (Ages 3-5)

An adult or sibling 12 years of age or over must accompany children under the age of six for the duration of class. Classes are 45 minutes in length.

Winter Hang Ups

Wednesdays

January 11-February 1 • 3:00 p.m.

Cost: \$7

Has the winter weather got you down? Whimsical winter chimes and mobiles bring out the fun and silly in us all. Hang them outdoors and let the winds play a melody, keep them inside to liven up your room, or use them as a gift for someone special.

Delicious Dwellings

Wednesdays • January 11-February 1 • 4:00 p.m.

Cost: \$9

Waffles and graham crackers make perfect walls and roofs in this edible buildings class. Just make sure you bring your skyscraper appetite!

Animal Actions

Wednesdays

January 11-February 1 • 5:00 p.m.

Cost: \$6

Unleash your inner lion or bear with noises, movements, and crafts! We will focus on a particular animal each week and learn how to walk, talk, and look like them.

CULTURAL ARTS CENTER

13200 Clarkdale Avenue • 929-5521

Silly Snowmen

Fridays • January 13-February 3 • 3:00 p.m.

Cost: \$8

Let's stretch our imaginations and create some silly snowmen with a California flair. Surfing snowmen, cacti snowmen, and snowmen wearing sombreros. We may be short on snow in Southern California, but we're big on silliness.

Little Sculptors

Fridays • January 13-February 3 • 4:00 p.m.

Cost: \$8

Sink those little hands deep into clay as we mold, roll, and create abstract sculptures using wood, wire and paint.

Paint the Night

Fridays • January 13-February 3 • 5:00 p.m.

Cost: \$6

Join us as we learn basic painting techniques such as shading, mixing, and blending, while using glow in the dark paint to create weekly masterpieces.

Pasta & Noodles Galore

Wednesdays • February 8-March 1 • 3:00 p.m.

Cost: Free

Out of the kitchen and into the craft room. We will use paints and pasta to make and decorate treasure chests, jewelry, and other fun surprises.

Go! Chefs

Wednesdays • February 8-March 1 • 4:00 p.m.

Cost: \$9

We will create little critters from fruits and veggies, make a yummy salad and more in this hands-on cooking class. Tots will be introduced to the pleasures of preparing and enjoying "real food" that is nutritious, delicious, and FUN!

Bits & Pieces

Wednesdays • February 8-March 1 • 5:00 p.m.

Cost: \$7

Imagine making your very own mosaic piece of art! Have a great experience making different mosaic art pieces using cups, plates, and so much more! They'll be perfect decorations to display around your house.

Paint Your Heart Out

Fridays • February 10-March 3 • 3:00 p.m.

Cost: \$6

Join us as we get ready to blend, shade, and mix paint to create heartfelt pieces just in time for Valentine's Day.

Let's Play with Clay

Fridays • February 10-March 3 • 4:00 p.m.

Cost: \$9

Do you enjoy playing and making cute little objects with clay? Come by and make pots, animals, pendants, and so much more as we listen to fun music as well. You sure don't want to miss out!

Mini Mozarts

Fridays • February 10-March 3 • 5:00 p.m.

Cost: \$9

Introduce your child to the joys of music! Join us as we dance and wiggle to a variety of music and learn basic movements.

Do the Robot

Saturdays • January 7-28 • 2:00 p.m.

Cost: \$9

This class is designed to encourage creativity, foster imagination and make learning a truly fun-filled experience! Students will have a great time tinkering with technology and building friendships bringing robots to life.

Adventures in Art

Thursdays • January 12-February 2 • 3:00 p.m.

Cost: \$8

Adventures in Art will explore new creative techniques that will focus on challenging each student's creativity. We will draw, paint, and design with different types of mediums and explore our creativity with no limits.

Manic Ceramics

Thursdays • January 12-February 2 • 4:00 p.m.

Cost: \$8

Mold, roll, and create abstract sculptures using wood, wire, and paint, while exploring a variety of techniques essential to learning when working with clay.

Taste of the World

Thursdays • January 12-February 2 • 5:00 p.m.

Cost: \$9

Spend each week in a different country by making an authentic dish from that culture. We'll learn how to make fettuccine alfredo pasta, enchiladas, and chow mein, just to name a few.

Drawing Expressions

Fridays • January 13-February 3 • 6:00 p.m.

Cost: Free

The CAC welcomes students of all experience levels to an eventful session of expression drawing. Throughout the session we will draw a variety of different facial expressions. While drawing, we will also learn how to capture motions of the human body onto paper.

Youth (Ages 6-12)

Classes are 45 minutes in length.

Face Painting for Kids

Saturdays • January 7-28 • 11:00 a.m.

Cost: \$7

Want to learn how to transform into your favorite superhero, fairy or animal? Look no further, this class is designed to teach students step-by-step face painting techniques for various occasions.

CULTURAL ARTS CENTER

13200 Clarkdale Avenue • 929-5521

Stomp, Boom, Blast

Saturdays • February 4-25 • 11:00 a.m.

Cost: \$6

Explore different percussion sounds using ordinary things around the house. We'll learn basic rhythmic concepts as we make music together with buckets, brooms, and plastic bags.

Environmental Buddies

Saturdays • February 4-25 • 2:00 p.m.

Cost: \$6

Calling all environmental lovers! This session at the CAC we are stepping up our creativity by using our knowledge about the environment. We will plant seeds, decorate pots, and watch our plants grow. We will learn about the ecosystem and how we can help our local environment.

Winter Mache

Thursdays • February 9-March 2 • 3:00 p.m.

Cost: \$7

Get messy in this class as you create a paper mache snowman and a homemade valentine. Add beautiful lights to these standing pieces to decorate your holiday craft.

Simple Machines

Thursdays • February 9-March 2 • 4:00 p.m.

Cost: \$7

Have you ever wondered how simple machines work such as a pulley or a lever? If so, join us as we explore the wonders of simple machines. We will build our own machines and test our prototypes through experiment.

Crunchy Churros

Thursdays • February 9-March 2 • 5:00 p.m.

Cost: \$9

Tired of waiting in line trying to get a tasty churro? Learn to make your own that are dangerously easy to make and delicious. We will have some fun as we dip, sprinkle, and enjoy new ways to enjoy a churro.

Shades of Color

Fridays • February 10-March 3 • 6:00 p.m.

Cost: \$7

If you love to paint then this is the class for you! Come paint beautiful pictures such as the beach and sunsets and so much more. You'll have a great time painting and making new friends as well!

Teens (Ages 13-17)

Airbrush Painting

Wednesdays • January 11-February 1 • 6:00 p.m.

Cost: \$6

Have you ever done airbrush painting before? Come by and learn the basic steps to airbrush painting. We'll first learn how to work with the airbrush gun, then start to create designs such as skulls, your name, and so much more!

Pins & Patches

Thursdays • January 12-February 2 • 6:00 p.m.

Cost: \$6

Have you ever wanted to fill up your jacket or bag with your favorite band or a personal design you created on a pin or patch, but couldn't afford it because it cost too much? Come join us as we make all different kinds of pins and patches with different designs!

Illustration Creations

Wednesdays • February 8-March 1 • 6:00 p.m.

Cost: \$6

If you like to personalize skateboards, backpacks, or anything else that you own, don't miss out on this class. We are offering an illustration class to help you learn the basics of Adobe Illustrator. Throughout the course we will design illustrations that will be printed onto posters at the end of the session.

Typography

Fridays • February 10-March 3 • 5:00 p.m.

Cost: \$6

Learn the basics of lettering. Research different styles of typography and recreate them into our own. Stop by and expand your creativity as we study different fonts and typefaces.

Adults (Ages 18+)

Scrapbook Making

Saturdays • January 7-28 • 2:00 p.m.

Cost: \$15

Get those memories out of your phone and into the hands of family and friends. Place pictures, ticket stubs, and more into one-of-a-kind scrapbook pages that will be treasured for years to come.

Crockpot Favorites

Thursdays • January 12-February 2 • 4:00 p.m.

Cost: \$15

Crockpots can be a busy person's best friend! Learn to make satisfying meals that will be ready and waiting for you after a busy day out of the house. We will make soups, stews and even a warm dessert.

Tattoo Art

Saturdays • February 4-25 • 2:00 p.m.

Cost: \$20

Discover world culture and different mediums of body art to pigment leather such as Indian Henna Tattooing, Japanese Irezumi tattooing, and American traditional tattooing.

Royal Icing

Thursdays • February 9-March 2 • 4:00 p.m.

Cost: \$20

Have you wondered how pastry shops create perfect royal icing to decorate their cookies with intricate designs? Learn how to mix all the right ingredients together for royal icing—and learn some tricks for icing shortcuts, too!

Register online at www.norwalk.org

MINIACHIS DE NORWALK

Miniachis de Norwalk Classes (Ages 7-18)

Cost: Residents \$25 per month, or *\$60 per three months, and Non-residents \$30 per month, or *\$75 per three months

Classes are held on Tuesdays at the Cultural Arts Center. Lessons are offered in Guitar, Violin, Trumpet, and Voice at a reasonable cost. Participants must provide their own instruments; however, the Miniachis de Norwalk Program has some instruments available for loan. Parents borrowing instruments will be required to leave an instrument deposit. A new series of classes begins every three months. Please call 929-5521 for instrument availability, additional questions, or to be added to the mailing list.

Registration will begin on Thursday, November 17, from 8:00 a.m. to 9:00 p.m. at the Norwalk Arts & Sports Complex. Si necesita informacion en español, por favor llamar al numero 929-5521.

Session 1 January 10-31 *Three month pre-pay option is available for the month of January, to include January, February, and March.
Session 2 February 7-28 *Performance on Tuesday, February 14, Valentine's Day Concert at the Cultural Arts Center
Session 3 March 7-28 *Performance on Friday, March 17 at Artastic.

Violin Classes

Beginning 4:00-4:45 p.m.
Advanced Beginning 4:45-5:30 p.m.
Intermediate/Advanced 5:30-6:00 p.m.

Trumpet

Beginning 4:00-4:45 p.m.
Advanced Beginning 4:45-5:30 p.m.
Intermediate/Advanced 5:30-6:00 p.m.

Guitar

Beginning 4:00-4:45 p.m.
Advanced Beginning 4:45-5:30 p.m.
Intermediate/Advanced 5:30-6:00 p.m.

Voice Lessons

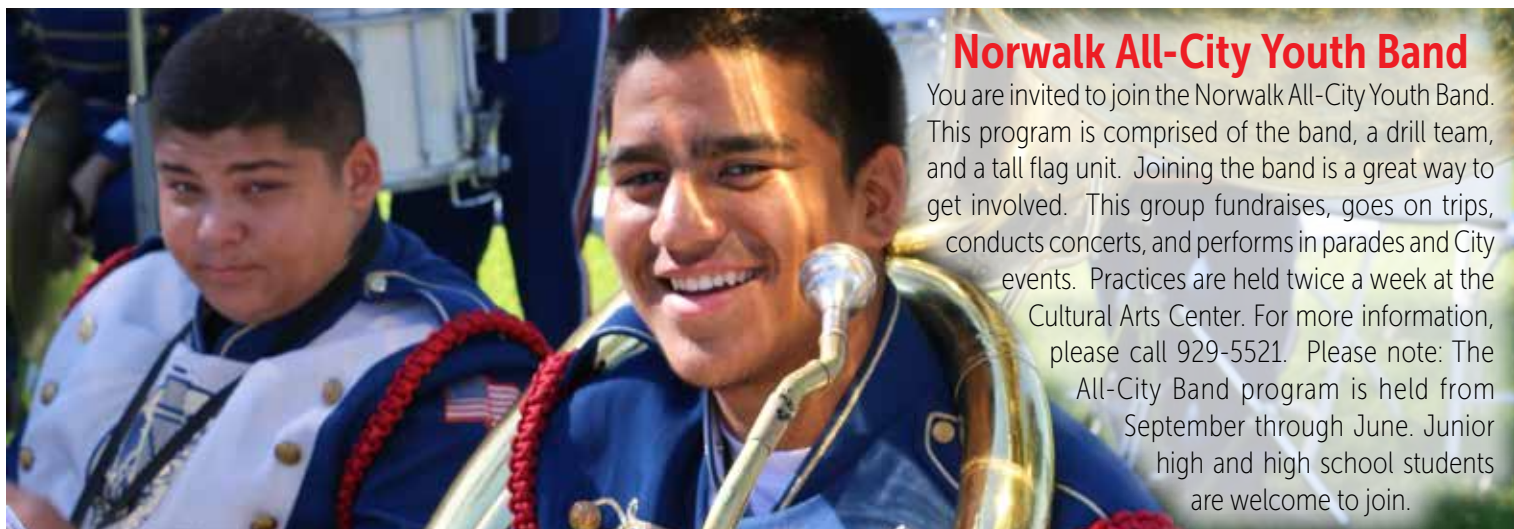
Group Voice 6:00-7:00 p.m.



*Please Note: Class times may vary depending on student enrollment. Instructors will notify the students on the first day of class of any changes in class time. Students are always welcome to participate in additional practice time at no additional cost. If students want more practice time, they are encouraged to consult with the instructor and are welcome to participate in the class below their current level. Keep in mind that practice time is not a substitute for student scheduled class time. Students are required to check-in for each day of class with the CAC staff. Check-in will take place in the CAC staff office. Checking in provides us with the opportunity to inform you of any upcoming performances and provide you with program updates. Students must arrive on time on the day of performances. If a student is late and they have a singing role, it may be offered to another student. *The three-month pre-pay option is available quarterly for a total savings of \$15. You can pre-pay at the start of the quarter for the following months: January, February, and March. The pre-pay plan requires payment in advance, is only available at the beginning of each quarter, and must be paid in full.*

Norwalk All-City Youth Band

You are invited to join the Norwalk All-City Youth Band. This program is comprised of the band, a drill team, and a tall flag unit. Joining the band is a great way to get involved. This group fundraises, goes on trips, conducts concerts, and performs in parades and City events. Practices are held twice a week at the Cultural Arts Center. For more information, please call 929-5521. Please note: The All-City Band program is held from September through June. Junior high and high school students are welcome to join.



CAC CONTRACT CLASSES

Please Note: All classes will be held at the Cultural Arts Center, 13200 Clarkdale Avenue.

Beginning/Intermediate Piano/Keyboarding (Ages 5+)

Tuesdays • 6:05-6:50 p.m.

Cost: \$65/6 weeks

Instructor: Jim Warino, 7x Platinum Musician
(*\$15 book fee is due the first day of class. Cash only.*)

Learn the basics and more of how to play piano/electric keyboard through hands-on techniques, exercises, practice regimens, note reading, melodies and songs in a fun class setting. Students must have an electronic keyboard to bring to class.

Session 1 November 29-January 3

Session 2 January 10-February 14

Floral Design (Ages 18 +)

Tuesdays • 6:00-7:00 p.m.

Cost: \$35/4 weeks

(*Plus \$15 weekly flower supplies fee. Cash only.*)

Instructor: Vickie Le

Come join the fun and express your creativity. Learn the basic "how to" in floral design to create arrangements for all occasions. You will create a beautiful flower arrangement during class to take home with you every week.

Session 1

December 6-27

Session 2

January 3-24

Session 3

February 7-28

Jessie's Balloon Workshop (Ages 18 +)

Saturdays • 10:00-12:00 p.m.

Cost: \$25 per workshop

Instructor: Jessica Bargas-Jimenez

(*A \$5 helium fee is due first day of class. Cash only.*)

Get prepared to decorate for birthdays, sweet sixteens, quinceañeras, or weddings with Jessie. Students will be working with mylar and latex balloons. So whether you are a beginner or advanced, come freshen up your skills with this fun and exciting class.

Workshop 1 January 7

Workshop 2 February 11

NASC CLASSES

Pre-registration is required for all contract classes.

Registration is taken at the Norwalk Arts & Sports Complex (unless otherwise noted) and is accepted on a first come, first served basis due to limited space. Registration is taken on a continuous basis up to two class sessions. Proof of residency is required at the time of registration and a \$5 fee will be applied per class in addition to the class fee for non-residents.

Please Note: The Norwalk Arts & Sports Complex will be closed on Saturday, December 24; Sunday, December 25 & Monday, December 26, January 2, January 16, and February 20.

Dance

Ballet for Tots (Ages 3-5)

Saturdays • 9:30-10:30 a.m.

Cost: \$30/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Stepping Out Studio Staff

This class will introduce future prima ballerinas to the fundamentals of dance positions and terminology. Dancers will skip, hop, turn, and perform other ballet-oriented skills.

Session 1 January 14-February 11

Session 2 February 25-March 25

Ballet/Tap Combo (Ages 3-5)

Saturdays • 9:00-9:45 a.m.

Cost: \$30/5 weeks

And Dance! Studio, 13417 Pumice Street, Norwalk

Instructor: And Dance! Staff • 404-9339

This is an introductory class to both ballet and tap. Children will learn all basic positions and rhythms. There will be a strong emphasis on creative movement and self-expression including use of themes and props. Please wear dance attire: Leotards, tights, tap and ballet shoes.

Session 1

January 14-February 11

Session 2

February 25-March 25

Country Line Dancing

Mondays • 6:30-7:30 p.m.

Cost: \$35

NASC, 13000 Clarkdale Avenue

Instructor: Vickie Cros

Exercise your body and mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Dancing styles covered in this class include Country Western and Swing.

Session 1

January 9-February 13

Session 2

February 27-March 27

Please Note: Programs may be changed or canceled without notice. Refunds will be issued in full for any program canceled by the City of Norwalk. Please visit the official City of Norwalk website at www.norwalk.org for updated information on upcoming events and programs.

NASC CLASSES

Pre-registration is required for all contract classes.

Hip Hop

Thursdays • 7:00-8:00 p.m.

Cost: \$30/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Chantel Banuelos

Get funky with your friends and gain confidence in your dance style. This is a high-energy class that requires a positive attitude and lots of enthusiasm. No experience is required for learning these moves. Class is age appropriate.

Session 1 January 12-February 9

Session 2 February 23-March 16

Folklorico Dance

Cost: \$30/5 weeks

Seniors: \$20/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Manuel Ramirez

Dancers will learn the basic Folklorico steps of Mexico and Southern California. Instructor will provide further information regarding dance attire at the first class.

Beginner

Saturdays

Session 1 January 14-February 11

Session 2 February 25-March 25

(Ages 6-14) 9:00-10:00 a.m.

(Ages 15+) 10:15-11:15 a.m.

Seniors (Ages 55+)

Tuesdays • 6:00-7:30 p.m.

Session 1 January 10-February 7

Session 2 February 21-March 14

Intermediate (Ages 6-54)

Tuesdays • 7:30-9:00 p.m.

Session 1 January 10-February 7

Session 2 February 21-March 14

Performance (Ages 55+)

Wednesdays • 7:00-8:30 p.m.

Session 1 January 11-February 8

Session 2 February 22-March 15

Advanced Folklorico Dance (Ages 16+)

Thursdays • 7:30-9:00 p.m.

Session 1 January 12-February 9

Session 2 February 23-March 16

Fine Arts

Guitar for Beginners (Ages 5+)

Tuesdays

Cost: \$35/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Jim Warino

Myspace.com/jpwarino

Learn the basic skills of playing the guitar including chords, finger picking, rhythms, and songs in a variety of styles. You must provide your own acoustic guitar.

Session 1 January 10-February 7

Session 2 February 21-March 14

(Ages 5-12) 4:00-5:00 p.m.

(Ages 13+) 5:00-6:00 p.m.

NEW Private Guitar, Bass, Piano & Songwriting

Lessons (All Ages)

Monday-Saturday

Cost: \$80 for 4 weekly 30 minute lessons

Jim's Studios, 8337 Firestone Boulevard, Downey

Instructor: Jim Warino • (562) 807-4286

Learn many aspects of scales, chords, techniques, rhythm, solos, hearing songs, and songwriting from a teacher/musician that has been credited on over 60 recordings with 7 of them platinum. All levels from beginning to advance.

Session 1 January 10-February 7

Session 2 February 21-March 14



Health & Fitness

L.A. Fit Bootcamp

Mondays • 6:00-7:00 p.m.

Saturdays • 9:30-10:30 a.m.

Cost: \$30 for Once a week/4 weeks

\$40 for twice a week/4 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Louie Angon

Personal training is evolving, combining cardiovascular, strength, and flexibility. Various muscle groups are involved in a complex interplay. Fitness cross training will take you to the next level. No complicated dance moves and crash diets. We will talk about the dos and don'ts of eating healthy. Bring ten pound weights or kettle bells.

Session 1 January 9-February 13

Session 2 February 27-March 20

NEW Booty Barre Workout (Ages 18+)

Wednesdays • 8:00 pm

Cost: \$40/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Chantel Banuelos

No better way to wake your body up than with booty barre. Prepare for a fun workout that will infuse dance, Pilates and yoga.

Session 1 January 11-February 8

Session 2 February 22-March 22

NEW Tamborazo Aerobic Dance (18+)

Thursdays • 5:00-6:00 p.m.

Cost: \$40/ 5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Chantel Banuelos

This class provides a cardiovascular workout while Tamborazo music pulses the body. It's a positive experience for the mind, body, and soul.

Session 1 January 12-February 9

Session 2 February 23-March 16

NASC CLASSES

Pre-registration is required for all contract classes.

Zumba Fitness (Ages 18 +)

Tuesdays & Thursdays • 6:00-7:00 p.m.

Cost: \$40/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Patricia Sandoval

This 50-minute aerobic workout combines movements and rhythms such as Salsa, Cumbia, Merengue, Flamenco, Belly Dance, Reggaeton, and much more. This is a fun way to get in shape and great for body and mind!

Session 1 January 10-February 9

Session 2 February 21-March 16

Yoga for Life (Ages 14 +)

Tuesdays • 6:30-7:30 p.m.

Cost: \$35/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Anita Der Kerviorian

Focus on increased flexibility, controlled breathing, and relaxation through non-intimidating Yoga techniques. Please bring a non-slip mat and comfortable clothing.

Session 1 January 10-February 7

Session 2 February 21-March 14

Martial Arts

Japanese Goju-Ryu Karate

(Ages 7 +)

Cost: \$45/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Brian A. Burdick

Learn the fundamentals of self-defense and Karate. Learn self-discipline and self-confidence through traditional and modern Goju-Ryu Karate. Emphasis is on blocking, punching, kicking, countering, body conditioning, and formal martial arts training.

Mondays & Wednesdays • 6:00-8:00 p.m.

Session 1 January 9-February 15

Session 2 February 27-March 29

Advanced (Instructor's permission required)

Fridays • 6:30-8:30 p.m.

Session 1 January 13-February 10

Session 2 February 24-March 17

Tae Kwon Do (All ages)

Cost: \$60/5 weeks for one student

\$80/5 weeks (two family members)

\$90/5 weeks (three family members)

(No additional charge for 4th family member)

Moonstar Tae Kwon Do Academy, 15923

Pioneer Boulevard • 402-8300

Instructor: Master Im

A well-balanced program designed to teach girls, boys, and adults, confidence, self-discipline, coordination, safety, blocking, spectacular kicking and punching skills, including Korean terminology, and respect associated with Tae Kwon Do. Student must purchase a uniform prior to beginning class.

Tuesdays & Thursdays • 5:30-6:30 p.m.

Fridays • 6:00-7:00 p.m.

Session 1 January 10-February 9

Session 2 February 21-March 16

Sports

Tumbling Toddlers

Saturdays

Cost: \$40/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Nathaniel Freund, Lighthouse

Gymnastics Academy

This fun-filled program teaches coordination and basic motor skills while having a ton of fun. This environment not only introduces the exciting and bouncy world of gymnastics but also helps prepare children for the structure needed in Preschool and Kindergarten. Adult participation is required at all times for younger class.

Session 1 January 14-February 11

Session 2 February 25-March 25

(Ages 2-3) 3:00-3:45 p.m.

(Ages 4-5) 3:45-4:30 p.m.

Tumbling (Ages 6-12)

Saturdays • 4:30-5:30 p.m.

Cost: \$40/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Nathaniel Freund, Lighthouse
Gymnastics Academy

The class is for kids who want to learn gymnastics whether it is for cheer, martial arts, or just for fun. The tumbling program starts with basic rolls, handstands, and cartwheels and moves on to more advanced skills such as round-off back handsprings as children progress and become more skilled.

Session 1 January 14-February 11

Session 2 February 25-March 25

Bowling For Fun (Ages 8-17)

Tuesdays • 3:30-4:30 p.m.

Cost: \$36/5 weeks

Keystone Lanes, 11459 Imperial Highway

Instructor: Keystone Lanes Staff

(562) 868-3261

Here's a great way to learn to bowl or to improve your skills in a non-competitive environment. Bowling shoes and bowling balls are included.

Session 1 January 10-February 7

Session 2 February 21-March 14

Soccer-Young Champions

(Ages 4-15)

Cost: \$71 per session/ 9 weeks*

**Plus \$8 registration fee per student per session.*

Gerdes Park, 14700 Gridley Road

Instructor: Young Champions

(714) 259-1400

Students learn the essential skills and strategy to play "winning" soccer! Register for this class with the soccer coach at Gerdes Park on the dates below.

Mondays • January 23-March 20

(Class will not meet February 20)

All Students (Ages 4-7) 3:30-4:10 p.m.

All Students (Ages 8-15) 4:15-4:55 p.m.

NASC CLASSES

Pre-registration is required for all contract classes.

Self-Defense & Safety Awareness-Young Champions (Ages 4-15)

Cost: \$78 per session/ 10 weeks*

**Plus \$8 registration fee per student per session.*

Gerdes Park, 14700 Gridley Road

Instructor: Young Champions

(714) 259-1400

This program combines safety awareness education with self-defense instruction in a fun, structured environment! Register for this class with the self-defense instructor at Gerdes Park on the dates below.

Tuesdays • January 24-March 28

New Students (Ages 4-15) 5:15-5:55 p.m.

Yellow Belts 6:00-6:40 p.m.

Orange Belts 6:45-7:25 p.m.

Purple Belts & Above 7:30-8:10 p.m.



Hip Hop Dance-Young Champions (Ages 5-15)

Saturdays • January 28-March 25

Gerdes Park, 14700 Gridley Road.

Instructor: Young Champions

(714) 259-1400

Cost: \$71 per session/ 9 weeks*

**There is a \$8 registration fee per student per session*

This is a fun, high-energy class where students learn the fundamentals of hip-hop and modern dance. Popular with both girls and boys, this program promotes artistic expression, movement, and teamwork in a fun, musical environment.

Saturdays • January 28-March 25

All Students (Ages 5-6) 9:30-10:10 a.m.

All Students (Ages 7-9) 10:15-10:55 a.m.

All Students (Ages 10-15) 11:00-11:40 a.m.



**START 'EM
YOUNG
THEY'LL THANK
YOU LATER**

MUSIC & ART CLASSES FOR ALL

SEE PAGE 21 FOR DETAILS...

Please Note: Programs may be changed or canceled without notice. Refunds will be issued in full for any program canceled by the City of Norwalk. Please visit the official City of Norwalk website at www.norwalk.org for updated information on upcoming events and programs.

ICE SKATING

Classes take place at The Rinks Lakewood Ice, 3975 Pixie Avenue, Lakewood, CA 90712 (Carson & Paramount) • Lakewoodice.com

The Rinks Lakewood is now offering classes at their facility at a great price. All class fees includes skate rental, half hour of instruction and free practice session on your registered class day. Pre-registration required at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue.

Parent & Me Ice Skating, Beginning (Ages 3-6)

Cost: \$45/4 weeks (Pre-registration required.)

Practice session times: Thursdays 10:30 a.m.-12:30 p.m. or Saturdays 10:45-11:15 a.m. Dress warmly. Check in early.

Day	Time	Start Date	End Date
Thursdays	11:15-11:45 a.m.	January 5	January 25
Saturdays	11:15-11:45 a.m.	January 7	January 28
Thursdays	11:15-11:45 a.m.	February 2	February 23
Saturdays	11:15-11:45 a.m.	February 4	February 25**
Thursdays	11:15-11:45 a.m.	March 2	March 23
Saturdays	11:15-11:45 a.m.	March 4	March 25

Tot Beginning Ice Skating, Beginning (Ages 3-6)

Cost: \$45/4 weeks or \$34/3 weeks

Pre-registration required. Practice session times: Thursdays 2:45-4:00 p.m. or Saturdays 10:45-11:15 a.m. Dress warmly. Check in early.

Day	Time	Start Date	End Date
New Wednesdays	6:00-6:30 p.m.	January 4	January 27
Thursdays	4:00-4:30 p.m.	January 5	January 26
Saturdays	10:15-10:45 a.m.	January 7	January 28*
New Wednesdays	6:00-6:30 p.m.	February 1	February 22
Thursdays	4:00-4:30 p.m.	February 2	February 23
Saturdays	10:15-10:45 a.m.	February 4	February 25**
New Wednesdays	6:00-6:30 p.m.	March 1	March 22
Thursdays	4:00-4:30 p.m.	March 2	March 23
Saturdays	10:15-10:45 p.m.	March 4	March 24

Beginning Ice Skating, Beginning (Ages 7-14)

Cost: \$45/4 weeks or \$34/3 weeks

Pre-registration required. Practice session times: Wednesdays 7:00-7:30 p.m., Thursdays 2:45-4:00 p.m. or Saturdays 10:45-11:15 a.m. Dress warmly. Check in early.

Day	Time	Start Date	End Date
Wednesdays	6:30-7:00 p.m.	January 4	January 25
Thursdays	4:30-5:00 p.m.	January 5	January 26
Saturdays	11:15-11:45 a.m.	January 7	January 28*
Wednesdays	6:30-7:00 p.m.	February 1	February 22
Thursdays	4:30-5:00 p.m.	February 2	February 23
Saturdays	11:15-11:45 a.m.	February 4	February 25**
Wednesdays	6:30-7:00 p.m.	March 1	March 22
Thursdays	4:30-5:00 p.m.	March 2	March 23
Saturdays	11:15-11:45 a.m.	March 4	March 25

Tot Ice Hockey, Beginning (Ages 3-6)

Cost: \$45/4 weeks or \$34/3 weeks

Prerequisite 4 weeks in Tot Beginning Ice Skating and upon instructor evaluation/approval. Pre-registration required. Learn basic skills necessary to play ice hockey.

No sticks or pucks yet. Practice session times: Thursdays 2:45-4:00 p.m. or Saturdays 10:45-11:15 a.m. Dress warmly. Check in early.

Day	Time	Start Date	End Date
Thursdays	4:00-4:30 p.m.	January 5	January 26
Saturdays	10:15-10:45 a.m.	January 7	January 28
Thursdays	4:00-4:30 p.m.	February 2	February 23
Saturdays	10:15-10:45 a.m.	February 4	February 25**
Thursdays	4:00-4:30 p.m.	March 2	March 23
Saturdays	10:15-10:45 a.m.	March 4	March 25

Youth Ice Hockey, Beginning (Ages 7-18)

Cost: \$45/4 weeks or \$34/3 weeks

Prerequisite 4 weeks in Beginning Ice Skating and upon instructor evaluation/approval. Pre-registration required. Learn basic skills necessary to play ice hockey, one of the fastest growing So Cal high school varsity sports!

No sticks or pucks yet. Practice session times: Thursdays 2:45-4:00 p.m. or Saturdays 10:45-11:15 a.m. Dress warmly. Check in early.

Day	Time	Start Date	End Date
Thursdays	4:30-5:00 p.m.	January 5	January 26
Saturdays	11:15-11:45 a.m.	January 7	January 28*
Thursdays	4:30-5:00 p.m.	February 2	February 23
Saturdays	11:15-11:45 a.m.	February 4	February 25**
Thursdays	4:30-5:00 p.m.	March 2	March 23
Saturdays	11:15-11:45 a.m.	March 3	March 25

Never Too Late to Skate Club, Beginning (Ages 15+)

Cost: \$45/4 weeks

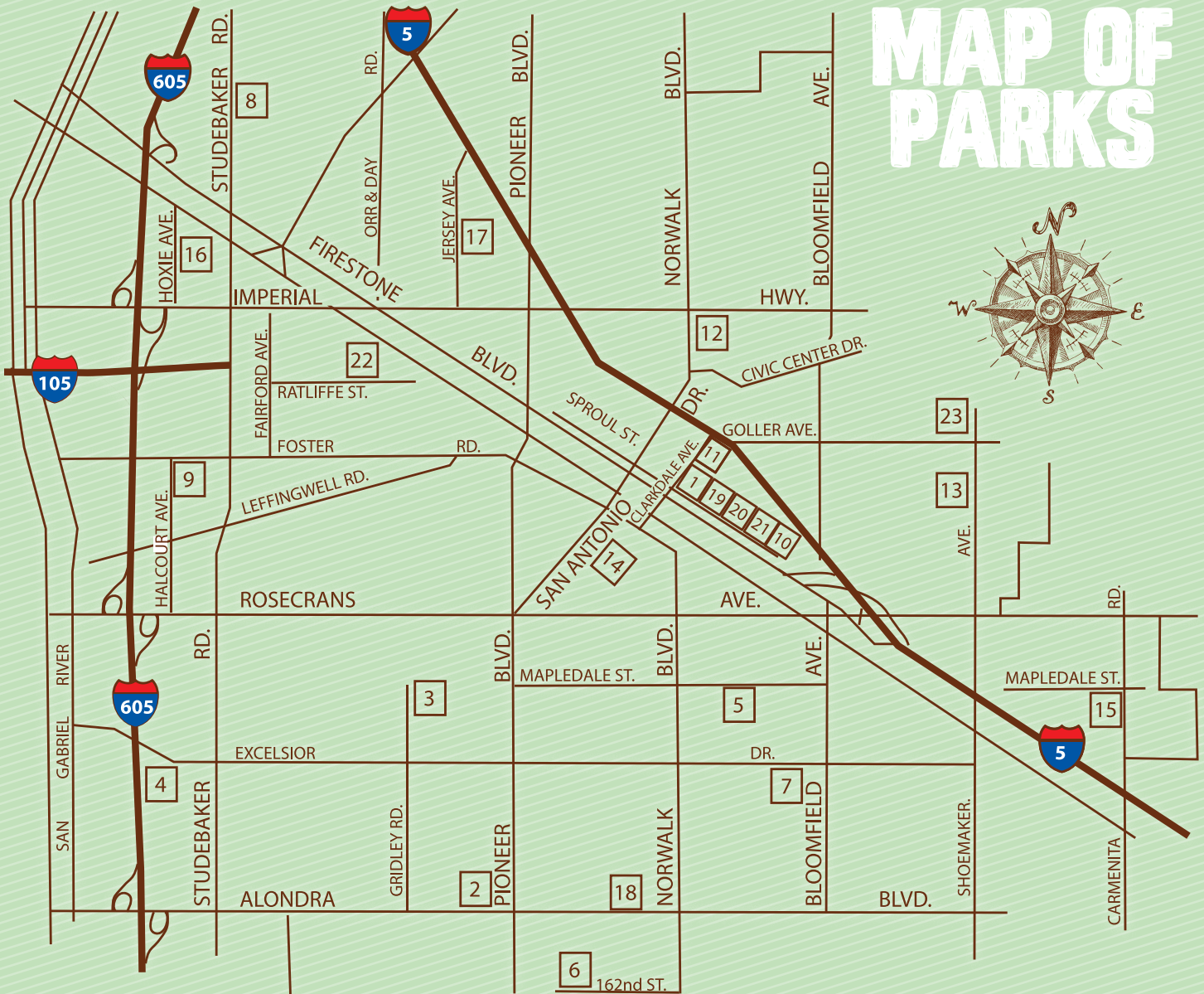
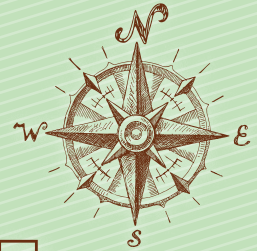
Pre-registration required. Practice session times: Wednesdays 7:00-7:30 p.m. or Saturdays 10:45-11:15 a.m. Dress warmly. Check in early.

Day	Time	Start Date	End Date
Wednesdays	6:30-7:00 p.m.	January 4	January 25
Saturdays	10:15-10:45 a.m.	January 7	January 28*
Wednesdays	6:30-7:00 p.m.	February 1	February 22
Saturdays	10:15-10:45 a.m.	February 4	February 25**
Wednesdays	6:30-7:00 p.m.	March 1	March 22
Saturdays	10:15-10:45 a.m.	March 4	March 25

* Class will not meet on Saturday, January 14, 2017 in observance of Martin Luther King Jr. holiday weekend. This will be a three-week semester at \$34.

** Class will not meet on Saturday, February 18, 2017 in observance of President's Day holiday weekend. This will be a three-week semester at \$34.

MAP OF PARKS



List of Parks in Norwalk

- 1. Cultural Arts Center**
13200 Clarkdale Avenue
929-5521
- 2. Excelsior Gym**
15711 Pioneer Boulevard
929-5610
- 3. Gerdes Park**
14700 Gridley Road
929-5611
- 4. Glazier Park**
10810 Excelsior Drive
- 5. Hargitt House Museum**
12426 Mapledale Street
929-5612
- 6. Hermosillo Park**
11959 162nd Street
929-5613
- 7. Holifield Park**
12500 Excelsior Drive
929-5614
- 8. Lakeside Park**
11620 Studebaker Road
929-5615
- 9. New River Park**
13432 Halcourt Avenue
929-5619
- 10. Norwalk Aquatic Pavilion**
12301 Sproul Street
929-5622
- 11. Norwalk Arts & Sports Complex/Norwalk Park/Skate Park**
13000 Clarkdale Avenue
929-5566
- 12. Norwalk City Hall**
12700 Norwalk Boulevard
929-5700
- 13. Norwalk Golf Center**
13717 Shoemaker Avenue
921-7047
- 14. Norwalk Senior Center**
14040 San Antonio Drive
929-5580
- 15. Ramona Park**
13244 Mapledale Street
929-5616
- 16. Robert White Park**
12120 Hoxie Avenue
929-5617
- 17. Sara Mendez Park**
11660 Dune Street
868-1093
- 18. Social Services Center**
11929 Alondra Boulevard
929-5544
- 19. Sproul Museum**
12203 Sproul Street
929-5702
- 20. Sproul Reception Center**
12239 Sproul Street
- 21. Teen Center**
12305 Sproul Street
929-4260
- 22. Vista Verde Park**
11459 Ratliffe Street
929-5618
- 23. Zimmerman Park**
13031 Shoemaker Avenue
929-5620

All class registration begins
Monday, December 12, from
8:00 a.m. to 6:00 p.m. at the
Norwalk Arts & Sports Complex.

NASC Registration Hours

Monday-Thursday 8:00 a.m.-9:00 p.m.
Friday 8:00 a.m.-8:00 p.m.
Saturday 9:00 a.m.-6:00 p.m.

Registration
also available
online at
www.norwalk.org

City of Norwalk Recreation & Park Services Department Activity/Class Registration

Payee's Name (please print) _____

Address _____ Apt. _____ City _____ Zip _____

Telephone (____) _____ Cell Phone (____) _____ E-mail _____

Class #	Activity / Class	Name of Participant	M/F	DOB	Fee

\$5 Non-Resident Fee

Total Fees Paid

RELEASE OF LIABILITY, HOLD HARMLESS, AND AGREEMENT NOT TO SUE

I _____ (Participant's Name - If Participant is a minor, include name of parent or guardian here _____),
and parent or guardian hereby expressly and irrevocably consent to minor's participation, and all uses of "I" or "me" herein are made on behalf
of both the minor and the parent or guardian, fully understand that my participation in the _____ exposes
me to the risk of personal injury, death, or property damage. I understand that there are risks inherent in such activity and hereby acknowledge
that I am voluntarily participating in this activity and agree to assume any such risks.

In consideration of being permitted to participate in this activity, I hereby release, discharge, and agree for myself, my heirs, administrators,
executors, and assigns not to sue the City of Norwalk and/or Contracted Instructor for any injury, death, or damage to or loss of personal
property arising out of, or in connection with, my participation in the activity from whatever cause. I further agree to indemnify and hold
harmless the City of Norwalk and/or Contracted Instructor from any and all claims, demands, actions, or suits arising out of, or in connection
with, my participation in the activity.

In case of accident or other emergency, I hereby authorize personnel or volunteers of the City of Norwalk or agents of the City to secure medical
care deemed necessary as a result of accident or injury to me. In the event of illness or injury, I hereby consent to whatever x-ray examination,
anesthetic, medical, surgical, or dental diagnosis, or treatment and hospital care considered necessary in the best judgment of the attending
physician, surgeon, or dentist, and performed by or under the supervision of a member of the medical staff or the hospital furnishing medical
or dental services.

I also permit the use of activity/event photography and/or video of my child or myself for media promotion.

I HAVE CAREFULLY READ THIS RELEASE OF LIABILITY, HOLD HARMLESS, AND AGREEMENT NOT TO SUE, AND FULLY UNDERSTAND ITS
CONTENTS. I AM AWARE THAT IT IS A FULL RELEASE OF ALL LIABILITY, AND SIGN IT OF MY OWN FREE WILL.

Please print _____ Signature _____ Date _____

(Parent or Guardian must sign for those under 18 years of age)

Address _____ City _____ Zip _____

Telephone (____) _____ Emergency Number (____) _____

(____)

Family Medical Insurance Carrier

Policy Number

Insurance Company Telephone

If your child has any special medical conditions or needs, please check box and print a description on the back side of this page.